Welcome to

Dare to be Authentic Master Course

Embrace Your truth - Own Your Worth -Embody Your Power

My intention for this program is to create a space where you will be able to step into your authentic self and experience the power, grace and splendor that truth brings. I intend for this to be a life transforming experience as you let go of anything that is holding you back and begin to take hold of the life you desire with its magic, abundance and splendor.

Module 1

How do you see yourself?

What drew you to this course? What is it that you are looking to bring into your life?

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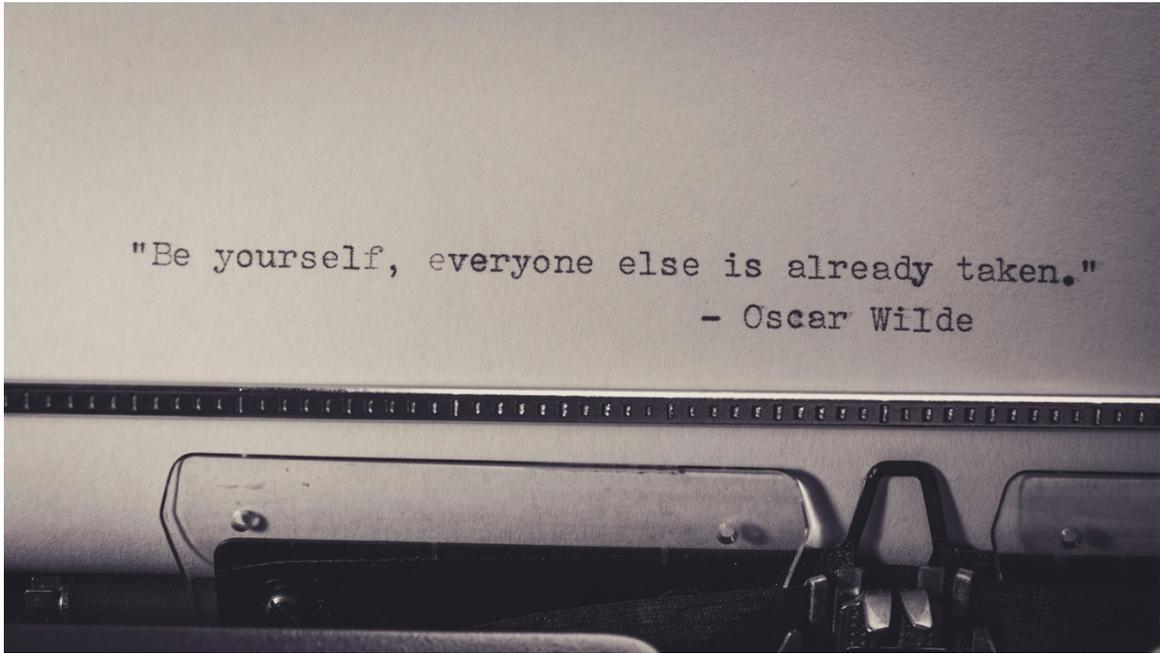Take some time to really connect with yourself and list three things you want to bring into your life:

1._____

2._____

3._____

Contract to Yourself

I_____, hereby commit to doing this course one module at a time. I will also take the necessary time to do the worksheets for every module, and open myself up to receive inspiration, direction and guidance. I do this at my own pace with no judgement.

This_____day of _____ 20__

"Be yourself, everyone else is already taken."
– Oscar Wilde

Definitions of Authenticity:

- Real
- Genuine
- True
- Original
- One-of-a-kind
- Unique
- Individual
- Distinctive
- Sincere
- Honest
- Trustworthy
- Credible

How do you feel when I say to you, "You are Authentic"?

_____

_____

_____

In order to step into your authentic self, it is necessary to be aware of how you are currently seeing yourself.

When you take a good look at yourself what strengths and or positive traits do you see?

_____
_____
_____
_____
_____

When you take a good look at yourself what weaknesses and or negative traits do you see?

_____
_____
_____
_____
_____

What are the three main positive traits?

1._____

2._____

3._____

What are the three main negative traits?

1._____

2._____

3._____

What is the root of these negative things you believe about yourself?
(When did you first start believing these, who said this to you, etc.)
Take time to journal about this

_____
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What is the source of the three main positive traits you listed?

Take time to journal about this:

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Take the 3 negative traits you wrote about yourself and write the exact opposite.

1._____

2._____

3._____

Now add these three positive traits to your list of 3 positive traits. Write the 3 positive traits again here and add the 3 three positive traits from above:

1._____

2._____

3._____

4._____

5._____

6._____

Now expand them………….

1. _____
   _____

2. _____
   _____

3. _____
   _____

4. _____
   _____

5. _____
   _____

6. _____
   _____