Authentic Living Journal

Create a Meaningful Life

Zion Restoration Counseling Services

1. What does “authentic” mean to me? What about authentic self?” How do you want to feel in life? Who do you want to be?

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2. How can I live more authentically? What do Ineed in order to gain inner conviction? What does courage look, sound, or feel like to me? Consider people (past or present) that modeled courageous living.

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3. Clarifying your values will help you to align your actions with what matters to you most. Let's give this a try pick one value that is important to you in each of these areas: Work/Education, Relationships, Personal Growth/Health, and Leisure. What changes do you need to make to operate in your values?

4. Can you be your own best friend? What pep talk can you give yourself to stay encouraged and anchored? Write a brief letter to yourself acknowledging who you are and how you want to show up in this world.

5. How would doing what you love recharge and reenergize you? What would be different in your life if you could do more of what brings you peace and joy?

6. What are four things that you are grateful for right now?

7. Think of two or three concrete examples of behaviors you want to let go of? How can you choose being present over productivity to boost your happiness and satisfaction?

8. How often do the opinions of others, social media, self-doubt, caring for family, and fear of what other people might think drown out what you want?

9. Negative predictions will keep you captive to the world's standards. A catastrophic mindset causes anxiety and disrupts your nervous system.

When the body is in a hyperarousal state it will keep you self-focus and get in the way of connecting with others. Challenging your mindset by embracing mindfulness activities like breathwork, meditation, yoga, taking nauture walks, play, creativity, laughter, connecting with the people we love, and getting adequate sleep can increase positivity and reset your nervous system.

What activity can you start today to help you feel your best and live a more meaningful life?

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10. Taking the time to learn who you are and accept that your talk, walk, and rhythm is unique and something worth celebrating. Remove the mask and embrace your imperfections and you will begin to find your place in the world and love yourself.

What are your strengths, what ignites your passion, and what would be one change you would make in the world if you were given the opportunity?

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