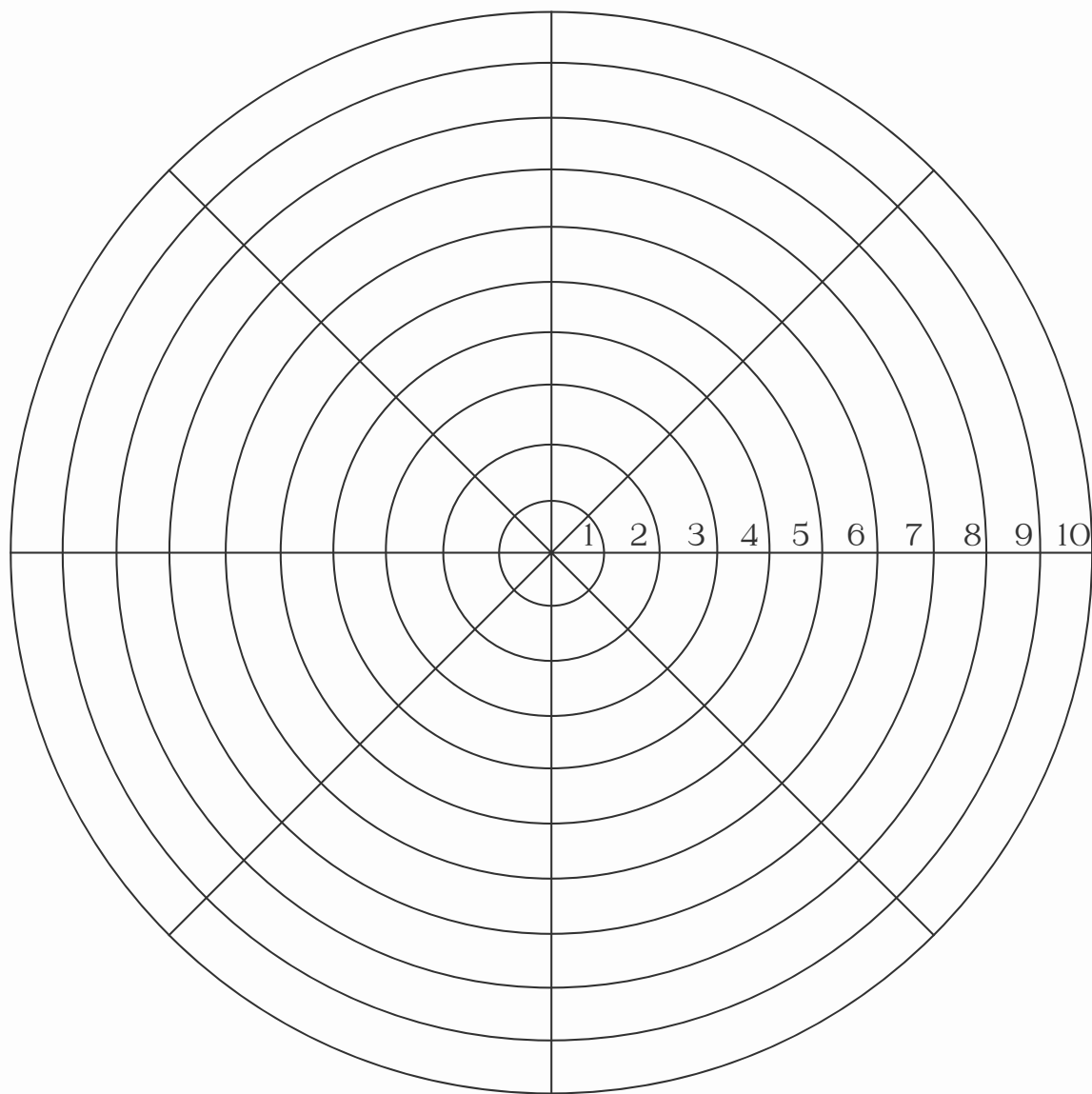


CLUES TO THE TRUE YOU

[illegible]

WHEEL OF AUTHENTICITY



AUTHENTIC LIVING CHART

List your attributes in order of high to low based on your rankings in the Wheel of Authenticity. Answer “yes” or “no” in each Life Area.

ATTRIBUTE	THOUGHTS	LANGUAGE	BEHAVIORS	DECISIONS	TOTAL YESES
EXAMPLE:					
Friendly	No	Yes	Yes	Yes	3



21-DAY AUTHENTICITY TRACKER

Use this table to track when you expressed your attribute more than half the time in each life area by placing a checkmark in the box.

Attribute: _____

DAY	THOUGHTS	LANGUAGE	BEHAVIORS	DECISIONS	TOTAL CHECKMARKS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					



21-DAY AUTHENTICITY TRACKER

DAY	THOUGHTS	LANGUAGE	BEHAVIORS	DECISIONS	TOTAL CHECKMARKS
18					
19					
20					
21					

