

A high-resolution, close-up portrait of a man's face, looking directly at the camera. The image is in grayscale, with a soft, ethereal quality. The lighting is even, highlighting the texture of his skin and the intensity of his eyes. A large, semi-transparent white circle is overlaid on the right side of the image, partially covering the man's face and serving as a background for the text.

WHO ARE YOU?

I AM....

Gracious

Focused

Inspired

Honest

Kind

Committed

Open-minded

Fun

Generous

Funny

Determined

Helpful

Motivated

Creative

Confident

MY AUTHENTIC QUALITY OF FOCUS IS...

1. The **AUTHENTIC QUALITY** which lights me up, makes my heart sing, fulfils me and gives me the highest form of self-appreciation is....

2. What evidence do I have of this **AUTHENTIC QUALITY** in my life...

3. The people who have benefited from me living this **AUTHENTIC QUALITY** are...

“BEING.....MAKES ME FEEL....”

Being **kind**, makes me feel **happy**

Being **generous** makes me feel **calm**

Being **helpful** makes me feel **proud**

Being **confident** makes me feel **strong**

Being **determined** makes me feel **successful**

Being **honest** makes me feel **light**



RESISTANCE STRATEGY

1. In which area of my life, or what specific example do I have, where I resort to a low quality **RESISTANCE** strategy consistently as motivation?

2. What **thoughts** do I entertain when I am doing this?

3. What **emotions** do I connect with when I am doing this?

AUTHENTICITY DRIVEN STRATEGY

1. What would change for me if I used my **Authentic Quality** of choice as a motivation strategy instead?

2. What **thoughts** would I entertain if I do this?

3. What **emotions** might I feel if I do this?