



AUTHENTICITY ROADMAP

List your 5 favorite traits about yourself, self-identified or what others have noticed.

Identify 3 limiting beliefs that hold you back. How can you reverse or reframe them?

What do you want your impact to be? How do you want people to feel around you?

Think of your proudest professional accomplishment. What are you proud of?

Looking at your completed worksheet, identify trends that feel authentic to you, traits you want to embody. Audit your personal and professional life. Are you leading with these traits? Are there areas in your life where you can work toward being more authentic?