

## Getting Real Authenticity Assessment

The intention of this activity is to acknowledge your progress in this process. The intention is not to make yourself wrong or to brow beat yourself. Explore the questions below. Discuss these with your support partner to generate new ideas for success!

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### *Mantra for This Activity*

*Each day I did my best AND each day my best was different due to the circumstances in my life that day. I am committed to Taking Command of My Pain!*

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### **First, simply acknowledge and congratulate yourself for doing this activity!**

What went well in regard to this habit this week? Celebrate these wins!

Did you take the actions that you committed to doing? Did you honor your word to yourself and others this week?

What is your experience of yourself? What is your current perspective? What are you telling yourself about you right now?

What didn't go as well as you hoped? What do you think got in the way of your success?

What is missing that if put in place would promote you accomplishing your goal? What structure or strategy can you use to improve your success this week?

What new actions do you see for yourself?