

**EPISODE 2 PART 1 YOUR AUTHENTIC SELF  
DOWNLOADABLE EXERCISE  
THIS EXERCISE IS TO FIND YOUR AUTHENTIC  
SELF. I INVITE YOU TO PONDER EACH ONE  
SENTENCE. WRITE WHAT COMES UP FOR YOU.  
TAKE YOUR TIME, AS IT'S A PROCESS.**

**Who am I?**

**Am I 'my story'?**

**What is my story?**

**Being conscious**

**What is self-awareness?**

**Understanding my thoughts**

**Living in the past - the future - the present**

**AWARENESS**

**Being me**

**I have potential**

**Where am I stuck?**

**What is my identity?**

**Learning to be honest**

**Accessing my inner wisdom**

**Where do I need to grow up?**

**Understanding my inner beliefs**

**Using wisdom to bring about change**

## **EMOTIONAL SELF**

**My moods**

**Negative thoughts**

**What are my fears?**

**Feeling my feelings**

**My inner filing system**

**Blame, shame and guilt**

**Understanding self-pity**

**Primary and secondary emotions**

**What is the fear beneath the fear?**

**Learning to respond rather than react**

## **PHYSICAL SELF**

**Nutrition**

**Breathing**

**Relaxation**

**Stress and pain**

**Support systems**

**Habits and addictions**

**Exercise for mind, body, emotions**

## **INTUITIVE SELF**

**Accepting myself**

**Learning to listen**

**Learning to hear myself**

**Re-remembering who I am**

**Where do I need to grow up?**

**When and how will this happen?**

**Learning to read and trust myself**

## **TOOLS FOR CHANGE**

**Being**

**Silence**

**Talking**

**Drawing**

**Listening**

**Reflection**

**Journaling**

**Affirmations**

**Using the breath for relaxing exercise**

