



THE ART OF BEING  
HEALING ARTS &  
SPIRITUAL EMPOWERMENT

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## Worksheet Authenticity

“When each being has the courage to be himself, he finds the highest truth he is capable of receiving.”  
~ Paul Ferrini

Authenticity is a healing life principle that allows you to stand in (walk the walk, talk the talk), stand for (expressing what you want) and go after (take conscious committed steps) only for those things that are a representation of who you truly are, and believe yourself to be moment by moment.

This is your personal integrity. Standing in and for who you are will be tested in those times of conflict; in those times of fear; in those times of being uncomfortable. To truly be authentic, you must hold yourself accountable to be yourself at all times, in all situations, under all circumstances.

You can only know yourself, when you have the courage to see, be and accept yourself.

Being authentic serves as your magnet in attracting more of what you desire into your life.

This worksheet will support you in identifying the personal characteristics that make up your own authentic self. Being your authentic self, connects you to and cultivates healthy relationships in all areas of your life.

Let's get started!

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Taking a personality test such as Myers-Briggs is an awesome way to explore and become aware of

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your core strengths and characteristics. Here's a link to a no cost one that can be completed in less than 15 minutes. <https://www.16personalities.com/free-personality-test>.

It is my belief that self-assessment is a form of heart work. Any time that you go inward to self-reflect or perform a self-inquiry, I offer that you do some form of an opening process. An opening process is simply an invocation. It is inviting the Spirit of God, inspiration, or supplication into your presence and practice. Take a deep breath, pray and ask your divine higher self to work with you as you answer the question. Set an intention to stay alert, awake and in the present moment. Affirm to yourself that you are courageous and willing to explore yourself to bring up what is ready for healing and release it. Surrender and trust the process.

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## Your Authentic Self

The following inquiries will provide you with a base level of self-awareness

1. List 10 attributes you value about yourself.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2. List 10 attributes others have stated that they value about you.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

3. Share 10 attributes you believe others perceive about you.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

4. What makes you happy? \_\_\_\_\_

5. What makes you laugh? \_\_\_\_\_

6. What makes you sad? \_\_\_\_\_
7. What makes you cry? \_\_\_\_\_
8. Three attributes I most dislike about myself are \_\_\_\_\_
9. The person I most admire in my life is \_\_\_\_\_ because  
\_\_\_\_\_
10. The person I dislike most in my life is \_\_\_\_\_ because  
\_\_\_\_\_
11. The opposite of love is \_\_\_\_\_.
12. The opposite of hate is \_\_\_\_\_.
13. What I fear most in life about myself is \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
14. I feel most uncomfortable when \_\_\_\_\_
15. I feel have the most strength when \_\_\_\_\_
16. When I speak my truth, I feel \_\_\_\_\_
17. My closest friends would say I am \_\_\_\_\_
18. My significant other would say I am \_\_\_\_\_
19. I demonstrate self-respect when \_\_\_\_\_
20. I demonstrate self-worth when \_\_\_\_\_
21. I demonstrate self-honor when \_\_\_\_\_

Write a positive affirmation that will support you in living your most authentic life!

\_\_\_\_\_

### **Cultivating Consistency**

When we find difficulty sticking with a plan or honoring our agreements, that's called Incomplete Cycles

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of Action. There is a block somewhere that is creating a challenge for us. Through inner work, we get to the root cause and begin to create new commitments.

Psychologists have found that it takes 21 days to establish a new habit. The next set of questions are related to your personal assessment above.

Out of your list of 10, choose one of your unique attributes that you would like to be more present in your life and to others.

What is one new Cycle of Action that will demonstrate the attribute and that you are willing to commit to?

In the chart below measure putting this practice into action. This schedule should extend over a consecutive 21- day period. Add the date, the action, and a check mark in either the "Complete" or "Incomplete" column.

DATE:	ACTION:	COMPLETE:	INCOMPLETE:

DATE:	ACTION:	COMPLETE:	INCOMPLETE:

DATE:	ACTION:	COMPLETE:	INCOMPLETE:

Is there a key relationship that can benefit from this practice? If so, how can that be incorporated into the practice schedule above?

At the end of three weeks, how did this exercise help establish your authenticity – especially in your key relationship?

Did you have any incomplete cycles of actions? If so, why do you think that was? Note if there was anything particular about the day that could have triggered you in not fully being your authentic self. Knowing your triggers is about self-awareness.

How will you continue this habit?

Is there another value or attribute that you can work on building next?

\*\* You can repeat this process as many times and as often as you'd like. Consistency is key.

**Soul Food for Thought**

“To become conscious and aware, we must become authentic.  
Authenticity is the highest form of being.” ~ Teal Swan