



Embody My Truth
Foundations for Authentic Living

Authentic Living Audit

*Get to Know, Love and Trust yourself, Alchemise Self-Doubt into Self-Belief,
and Express who You Really Are in your Life, Work and Relationships*

So many women appear to be 'high-functioning' on the outside, while feeling a lot of self-doubt, conflict, anxiety, frustration, or guilt on the inside. Others don't experience these challenges as much, yet long to get to know their true, whole selves more deeply; to come into contact with their unique essence, so they can express and embody that more fully in the world.

I work with women of all backgrounds ~ truth-seekers, creatives, mothers, healers and heretics, teachers and leaders, sensitives, empaths and intuitives....

Women who want to be able to say and do what they need in their personal or professional relationships, while feeling good about it in the process. Women who are tired of being held back by self-doubt or low confidence, and are craving to express their creativity, passion and gifts. Women who are ready to create lives that really honour their true needs and desires.

Do you find yourself experiencing any of the following?

- Doubting yourself or overriding your own gut feelings in certain situations
- Being held back by other people's judgements or expectations
- Feeling like you've betrayed or compromised yourself
- Feeling scattered energies, finding it hard to focus or complete initiatives
- Difficulty saying no, or having poor relationship boundaries with others
- Feeling undervalued or undermined, by family / friends / co-workers
- Guilt when you take time or space for yourself, or assert yourself
- Wishing you could get to do all those inspiring things you've been putting off
- Feeling not quite 'good enough', despite clear evidence to the contrary
- Full of creative ideas, but lacking confidence or consistency to express them

Too many women experience self-doubt, or end up on autopilot, disconnected from their true needs and desires; conforming to other people's expectations, surviving instead of thriving, pushing on without the right resources to support their specific needs, and living out of synch with their true selves.

We can end up feeling disconnected from our bodies, deeply frustrated, or even burned-out, while supporting others or trying to achieve their goals in different areas of their lives – be it family, relationships, work or personal development.

Many women also find themselves in work or relationship situations that feel like they're compromising or betraying their deeper selves. It causes confusion, frustration and depletion. It disconnects you from your intuition and prevents your unique inner gifts, personality and creativity from being fully expressed.

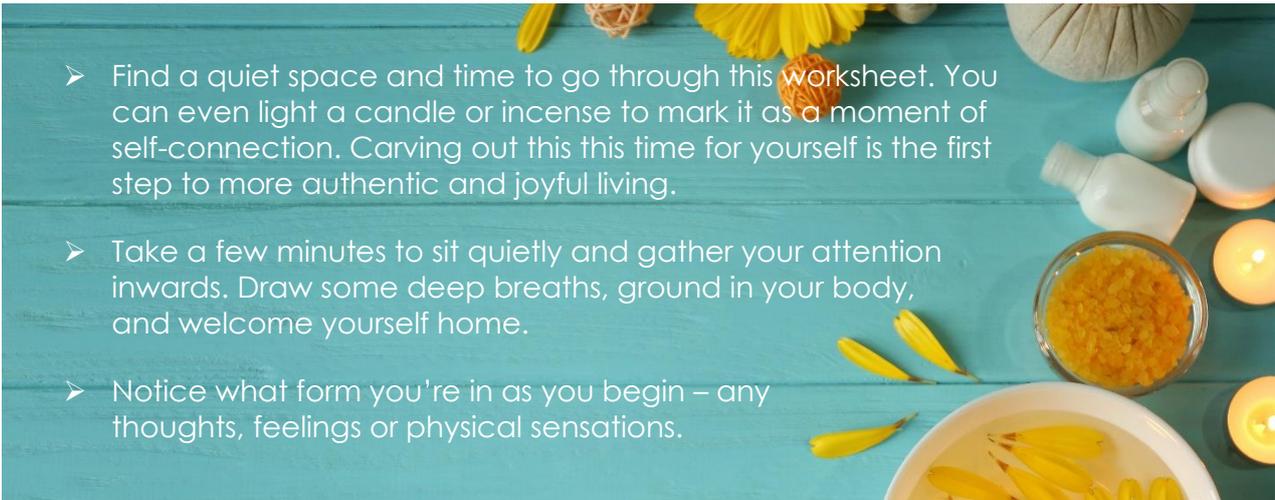
There are many complex reasons for this. Family background, early experiences, gender roles, cultural norms, systemic inequalities, the 'gaslighting' of women individually and collectively, and many other factors intersect, to create a challenging and undermining environment for women. The result? Women are left depleted and disconnected from their true selves, cut off from their inner wisdom, their bodies, and from the powerful creativity, passion, sensuality and wisdom that resides within each of us.

A different way is possible. The foundation for change means prioritising your own health and wholeness, and how you relate to yourself. It means honouring your dreams and desires as sacred, and worthy of being met and expressed. This relationship with yourself is the foundation for all others.

On a practical level, moving into a life that's more nourishing and aligned requires you to get to know your true self more deeply - mind, heart, body and soul. To explore what gets in the way of you trusting and expressing yourself more fully. To connect with your deeper self, and draw on your own inner wisdom to make the right choices for you.

How well do you know yourself? How authentic is the life you are living?
This 'Authentic Living Audit' is designed to help catalyse you into connecting more deeply to your true, inner self; to take stock of whether your life reflects that, and identify any blocks in the way of you expressing who you really are.

AUTHENTIC LIVING AUDIT

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- Find a quiet space and time to go through this worksheet. You can even light a candle or incense to mark it as a moment of self-connection. Carving out this time for yourself is the first step to more authentic and joyful living.
 - Take a few minutes to sit quietly and gather your attention inwards. Draw some deep breaths, ground in your body, and welcome yourself home.
 - Notice what form you're in as you begin – any thoughts, feelings or physical sensations.

Answer the questions below honestly and quickly, with whatever comes to your mind / heart / gut first. These are deep questions! But the idea is to kick-start a process of reflection and inner-self connection, that will continue over time.

- ❖ How do you rate your overall state of wellbeing currently (0-10)? _____
Jot down a few notes or key words on why you gave this rating:

- ❖ How do you rate your current stress or anxiety levels (0-10)? _____
Jot down a few notes or key words on why you gave this rating:

- ❖ How often do you feel well-rested, energised and optimistic?
Where and when do you tend to feel like that?

- ❖ How often do you feel overwhelmed, exhausted or 'frazzled'?
Where and when do you tend to feel like that?

- ❖ How often do you put yourself out, or override your own needs to keep others happy or avoid 'letting others down'? What's a typical situation like this?

- ❖ Do you feel like you usually trust your own gut or intuition, when it comes to making decisions in your relationships, activities or work? How often do you doubt or second-guess a decision you've made, or something you've said?

- ❖ Do you find it easy to communicate your needs or opinions honestly, to your family, partner, friends or co-workers? What tends to happen for you?

- ❖ Do you find you lose your sense of yourself, or your 'inner ground', around certain people? With whom? What impact does that have on you?

- ❖ What's the **best** thing someone could think or say about you?

- ❖ What's the **worst** thing someone could think or say about you?
- ❖



Write down the top 3 fears or worries that regularly preoccupy you or cause anxiety, when it comes to other people's judgments or expectations

1.

2.

3.

❖ Now write down 3 of your inner gifts or personal qualities that you really value:

1.

2.

3.

How often / where / when do you get to express these?

❖ How do you describe the 'real you' as a person overall, in terms of your personality, values, needs, hopes and dreams? (NB: write whatever comes out first & try not to over-think this one! It's not the definitive description of you).



❖ How much do you feel the above description of yourself is reflected in your relationships, your work, and how you live your life in general? How much does your current life reflect the 'true you'? In what aspects is it quite different?

❖ Do you have daily wellbeing / self-care rituals or practices? If so, jot them down:

Now ask yourself do these self-care practices actually genuinely work for you?
Look back over your list and then:

- circle the ones you feel are truly nourishing and supportive;
- put a '?' beside any you're not so sure about or that may need tweaking;
- cross out any that are not currently serving you and need to be dropped!

❖ When and where do you feel **least** like you can be your true self, completely and honestly? How does that make you feel?

❖ In what situations or around what people do you feel **most** valued and appreciated for who you really are? How does that make you feel?



❖ What is the typical tone of your 'inner chatter' or self-talk? Does it usually encourage you, or does it berate or criticise you?

❖ Write down 3 things that bring you joy and make your heart sing:

1.

2.

3.

❖ What impact would it have on you personally to have your core needs met, to trust yourself, and to feel supported to express yourself more authentically?

❖ What positive impact would you have on others if you felt resourced and confident to uncover your inner gifts and express your true talents in the world?

❖ How does it feel in your body when you imagine the answers to these last two questions? What does it look like in your mind's eye to have made that a reality?



❖ Write down any 3 doable things you can commit to now, to start building a deeper, more nourishing connection with yourself on a daily basis:

1. To nurture a deeper connection with my inner self, I commit to:

2. To honour my true needs and feelings more, I commit to:

3. To nurture my body more, I commit to:

❖ Write down the names of any people in your life who really 'get you', and who can support you in nurturing and expressing your true self:

~ When you've finished, take a few deep breaths, bring your attention inwards and come home to your body, and notice any thoughts, feelings or sensations in you. Just acknowledge them, no need to change them or do anything about it.

Honouring what is true for you in the moment is the first
vital foundation – the rest will flow from there...

~ Give yourself a big thank you and maybe even a loving self-hug, for taking this time to connect to your inner self and do this deep reflection exercise. I hope that you now have a clearer picture of where you are currently at, when it comes to nurturing and expressing your true self. I'd love to hear how your experience was.



A bit about me, and what inspires my work



My name is Delphine O'Keeffe, I'm a psychotherapist and coach, and a guided meditation leader.

I guide women to get to **know, love and trust themselves**, and feel good about being able to express who they really are in their lives, work and relationships.

I work with you to build the solid foundations you need, to **alchemise self-doubt into self-belief**.

My approach is holistic as well as practical: I help you identify exactly what practices and supports actually work for you, and how to honour your emotional and physical needs, while also focusing on implementing real and lasting changes in your life. I also work somatically, incorporating the body to help with self-knowledge and awareness.

It continually inspires me to witness the **increased energy, confidence, freedom and joy** my clients start to feel, when they commit to shaping a life that really honours their core needs and desires.

I have seen the transformation that happens when women invest in themselves, and are then **truly resourced to love, work and create from a place of abundance**.

Come home to your True Self, and Reconnect with your Inner Wisdom, so you can:

- ⊙ Get to Know, Love and Trust yourself more deeply
- ⊙ Build lasting inner foundations for self-connection
- ⊙ Alchemise self-doubt into sovereignty and self-belief
- ⊙ Say and do what you need in your key relationships & feel good about it
- ⊙ Align your thoughts, emotions and body in greater harmony
- ⊙ Confidently express your creativity, passion and gifts
- ⊙ Live a more meaningful, connected and joyful life

Find out More:

If this resonates with you and you feel inspired to find out more about how we can work together, have a look at my offerings on www.embodymytruth.com and book an exploration call or a session with me at the link below:

<http://bit.ly/EMTschedulecall>

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