

The Authenticity Project

"The journey the Caterpillar must make to become a Butterfly"

Workbook



Where you are vs. where you want to be is **only** a

commitment decision away.

Let's get to the ROOT of the problem.

The transformational from the caterpillar to a butterfly is something science still can't fully understand or explain.

This is similar to the human evolution of self.

We seem to be living two lives in one.

The only path to true alignment is to understand ourselves and the power we each holds.

Connect your mind with your soul and watch your live transform.



Uncovering your Why

The Authenticity Project is your invitation to recognize, uncover, and practice the conscious power of being your higher self.

The Authenticity Project is all about you becoming more of your higher self. The more you know about who you are, what you love, what you hate, what excites you, and what drives you, the easier it will be for you to achieve what you want and to be fulfilled.

Ultimately, we all know that what we acquire will never make us happy. Who we become determines our happiness; it is the only lasting aspect of life. I believe deep inside each of us is an inner hunger for something more, something deeper, richer, and lasting.

Each of us has an inner certainty that no matter how great our lives already are, there is yet another level. Another level of growth, contribution, and a celebration for a deeper and more powerful level.

Before you begin going through the course content, take a moment to reflect upon while you are here and answer the following two questions below.

Why did you make the decision to take this course? What are you committed to getting out of this journey, not only for yourself but for those who care about you? why are you really here?

Below list out some common resistance both internal + external that you have allowed to come between you and your growth in the past.

What are the two action steps you will put between you and this past resistance to counteract this impulse?



Family & Culture

What were your parents feelings towards relationships, money, career, success, family, life challenges etc.? *(Answer for each parent separately)*

Who did you have to be for your parent? *(Answer for each parent separately)*

What has your culture taught you about what reality is?

Are there aspects of your culture that serve who you really are and want to become?

Are there aspects that don't?



School & Peers

How have you been conditioned to act like as a woman? What are your roles?

What's your default coping strategy for life challenges and where or who did you learn it from?

What kind of people do you want to surround yourself with more that would help you create your new story?

What are the characteristics of these positive influences?

Do you have any one already in your life that fits that?



Society & Media

What media do you watch or listen to?

What is that telling you about what reality is?

Life Changing Experiences

Let's create a life map starting at age 0, here is where you are going to pinpoint all your life changing events.

For each event that we have listed, let's now go back to that place. And all this is not an easy exercise for everyone, it is still necessary. Write a summary of the event and all the details of what happened. And when you are done please move on to page 2.

Here is when you begin to read over every story that you just wrote Being fully conscious if this is a story of a victim or of a Victor.

Now rewrite it, selecting events in recounting them in ways that show you as a helpless victim. Then still another personal history, this one designed to make your reader laugh. Finally, tell your life story as an adventurous Target in which you are the resource in hero.

Learning to look at yourself this way is an incredibly effective steps words psychological Freedom, personal power and Mastery of the circumstances. Most people think they would begin believing in themselves when they see success but truth is you will begin see it the very instant you decide to believe it.



Patterns/Triggering events

If you have disproportionate reactions to a situation, it may be a signal of a hidden story. For example, if you are extremely upset because your partner failed to do the dishes, you are attaching some bigger meaning to the small disappointment. It is a signal that an hidden story is being triggered. Your story may be “my partner doesn’t care about me” or even deeper, “no one will ever really love me; I don’t deserve to be loved”. In this case, even a tiny infraction would be a signal to you that your stories are true, which would lead to the inappropriate reaction. Your reaction do not have to just be your behaviors. Your reaction can also take place only in your thoughts and emotions, that get triggered in certain situations.

Are there experiences, situations, or statements that trigger you to react more “extremely” than the actual situation would warrant?

What drives these reactions? (The hidden belief or story.)

What are the thoughts you experience about the event or action by the person?



Negative Self-talk

Finish the phrases below by writing down your initial response, be aware that your heart consciousness (subconscious mind) speaks in light speed ahead of the mind:

1. People judge me because _____

2. Everyone loves it when I _____

3. When I do well, people feel _____

4. Nobody will let me _____

5. Everyone always tells me to _____

6. People just can't accept the fact that I _____

7. When I fail, everyone thinks _____

8. Noone cares when I _____



9. Society keeps telling me I have to _____

10. Everyone expects me to _____

Now list 5 people who you know actually + verifiably hold the opinions for each of the above statements.

1. _____

2. _____

3. _____

4. _____

5. _____

Evaluate each person character, current state and life - whose do you admire?

Fears

To understand the nature of human beings and in return be able to predict how and why we do what we do, an important question that should be answered is :

what stops us from moving forward? Taking action? Being our best?

The answer is actually simple: **FEAR**

List all your fears - find the root of the fear.

I do/don't

We box ourselves by what we do or do not do. I may say 'I am an accountant', which means I



do not do marketing and should not even think about it, and consequently fail to sell my services well.

Another common limiting belief is around how we judge ourselves. We think 'I don't deserve...' and so do not expect or seek things.

I can't

We often have limited self-images of what we can and cannot do. If I think 'I cannot sing' then I will never try or not go to singing lessons to improve my ability. This is the crux of many 'I can't' statements: we believe our abilities are fixed and that we cannot learn.

I must/mustn't

We are bound by values, norms, laws and other rules that constrain what we must and must not do. However, not all of these are mandatory and some are distinctly limiting. If I think 'I must clean the house every day' then this robs me of time that may be spent in something more productive.

I am/am not

The verb 'to be' is quite a pernicious little thing and as we think 'I am' we also think 'I am not' or 'I cannot'. For example we may think 'I am an artist' and so conclude that we can never be any good at mathematics, or must not soil our hands with manual work.

Example: I will never be loved

Root: I am afraid that I am not loveable

Example: I can't make quality friendships

Root: I am afraid I am not enough

Now ask yourself:

1. From where did I adopt this belief?

2. When was the first time you can remember having this belief?

3. How has this limited belief limited you?



4. Are you sure this belief is true?

5. Told you this belief, and are you sure they are right?

6. Is there any evidence that goes against this belief?

7. If you can't prove these limiting beliefs true beyond a reasonable doubt, can you discard them?

8. What benefit has the fear given you in the past?

9. Why be free if these fears?



Limiting Beliefs

I can't do this BECAUSE _____.

I can't go here BECUASE _____.

I can't be _____ BECAUSE _____.

I can't become _____ BECAUSE _____.

Pay attention to that line after because and fill in the table below.

No.	Possible Limiting Belief	Past Experience that may have led to me Holding this Belief	Negative Consequences of Holding this Belief
1			
2			
3			
4			
5			
6			
7			
8			
9			



10			

Your Energy

Have you ever meet with a friend or a group of people that were so inspiring and empowering that you felt sure your life was going to change radically, only to find within days or weeks of returning home that all that extra juice had seeped away, returning you to much the same default state you had before the encounter? If so, you're not alone. This is a very common experience. Because energy leaks.

Your energy is your most important commodity as a spirit on this physical plane. You only get a certain percentage of energy at the beginning of your day and once you use it up and decrease to 0%, that's when you begin feeling unmotivated, uninterested and just tired. Of course, as a woman of so much ambition and desire to fully capture your day, your energy is sacred.

Here we will explore the areas where you are giving out energy and where you are receiving energy. We always want a balance. Giving too much without receiving is fair and dishonoring to your divine energy.

List the top 10 people you spend the most time with and be honest if they are "receivers or givers" of energy. Once you write each now, then go on to reflect if this person gives you energy and gets you bumped up or takes energy from you where you are exhausted after the encounter. The most important thing here is to be honest. Only through truth can we bring real change.

- | | | |
|----------|-------|----------|
| 1. _____ | Giver | Receiver |
| 2. _____ | Giver | Receiver |
| 3. _____ | Giver | Receiver |
| 4. _____ | Giver | Receiver |
| 5. _____ | Giver | Receiver |
| 6. _____ | Giver | Receiver |
| 7. _____ | Giver | Receiver |
| 8. _____ | Giver | Receiver |



- | | | |
|-----------|-------|----------|
| 9. _____ | Giver | Receiver |
| 10. _____ | Giver | Receiver |

Now let's think of different foods we consume throughout our day. Digestion of heavy foods uses up our energy so the heavier the foods are that you intake the more energy your body has to use to break down and process the food. Focus mostly on after feelings with this category and really think back to your week and month and the foods that you have taken in. Circle energy booster or energy user.

- | | | |
|----------|----------------|--------------|
| 1. _____ | Energy Booster | Energy Taker |
| 2. _____ | Energy Booster | Energy Taker |
| 3. _____ | Energy Booster | Energy Taker |
| 4. _____ | Energy Booster | Energy Taker |
| 5. _____ | Energy Booster | Energy Taker |

Lastly, let's think of what each of the listed activity below and circle what each does for our energy level throughout our day.

- | | | |
|---------------------------------|----------------|--------------|
| 1. Reading a book | Energy Booster | Energy Taker |
| 2. Drinking Alcohol | Energy Booster | Energy Taker |
| 3. Laying in Bed | Energy Booster | Energy Taker |
| 4. Drinking Water/Tea | Energy Booster | Energy Taker |
| 5. Laughing | Energy Booster | Energy Taker |
| 6. Praying | Energy Booster | Energy Taker |
| 7. Meditating | Energy Booster | Energy Taker |
| 8. Exercising | Energy Booster | Energy Taker |
| 9. Gossiping | Energy Booster | Energy Taker |
| 10. Working at your current job | Energy Booster | Energy Taker |
| 11. Being on Social Media | Energy Booster | Energy Taker |
| 12. Eating a Fresh Salad/Fruits | Energy Booster | Energy Taker |
| 13. Eating Processed Foods | Energy Booster | Energy Taker |



14. Watching TV Shows

Energy Booster

Energy Taker

15. Listening to Inspirational Youtube Videos

Energy Booster

Energy Taker

The Chrysalis Formation into the Butterfly

You have identified with your body and mind this far which is why we have landed here. However, your spirit wants different and knows it wants more. We now face the time for real work, that we have seen the old stories we created and how it no longer serves us, it's time to now PRACTICE. At this point you should be able to see the separation between the caterpillar and butterfly that live inside of you which leads us to the most important step, PRACTICE.

The universe knows now that you have gained awareness of your past self and is now working through the practice of becoming your true higher self. In this process, it will do everything in its power to assist you in that growth, including testing you. Patterns, pain, emotions, triggers are now old friends that you have investigated and now know of. From now on as they arrive, you will have the *aware choice* of practicing disidentification and only listening to the butterfly (your higher self) no matter how painful or uncomfortable it might feel.

Here is when hustling for your worth and the opinion of others end and you begin to truly listen to yourself.

Reality Check

Let's further drive this home, with a reality check. There is nothing more powerful than writing your thoughts down and actually seeing them outside of yourself.

Alternative Voice Exercise

Now to get clear on things, please be honest and answer the following below:

Who have you been listening to more, the caterpillar or butterfly that lives inside of you.

Who created which voice?

Are you now becoming aware of the two different voice that live within you?

Which one is you?



Tools

This practice is where the real work is. This is when you'll experience tears, pain, anger, and DISCOMFORT. This is called the growing pains! All you must do is commit to the process and commit to YOURSELF. Although, you are still fighting with the caterpillar as it transcends, the more you outwork her, the more you (the butterfly) will appear in your day to day.

As you practice with the many tests the universe will bring, remember to have compassion with yourself. You are breaking years of habit creation, it will not be possible overnight. Just be patient, mindful and kind to this old version of yourself as you leave her to be reborn into who you truly are.

To help you on your journey of practice onto authentic living, here are some tools you want to master as they are friends of ours given to us by the universe since this transition is not easy!

Affirmation: What are they and do they work?

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes. You might consider affirmations to be unrealistic "wishful thinking." But try looking at positive affirmations this way: many of us do repetitive exercises to improve our physical health, and affirmations are like exercises for our mind and outlook. These positive mental repetitions can reprogram our thinking patterns so that, over time, we begin to think – and act – differently. For example, evidence suggests that affirmations can help you to perform better at work. According to researchers, spending just a few minutes thinking about your best qualities before a high-pressure meeting – a performance review, for example – can calm your nerves, increase your confidence, and improve your chances of a successful outcome.

Self-affirmation may also help to mitigate the effects of stress. In one study, a short affirmation exercise boosted the problem-solving abilities of "chronically stressed" subjects to the same level as those with low stress. What's more, affirmations have been used to successfully treat people with low self-esteem, depression, and other mental health conditions. And they have been shown to stimulate the areas in our brains that make us more likely to effect positive changes in regard to our health.

This latter study suggests that a stronger sense of self-worth makes you more likely to improve your own well-being. So, for example, if you're worried that you eat too much and don't get enough exercise, using affirmations to remind yourself of your values can spur you on to change your behavior.

Tip: Go back in the workbook and create an affirmation that is directly correlated with a limiting



belief or negative programming you already have.

Exercise: Let's write out our own affirmation which will help us moving forward - post it everywhere!

Mirror Work

For nearly 40 years, Louise Hay has been teaching others about healing, the power of affirmations and learning to love themselves. One of the modalities she is famous for is her mirror work.

“Each day that you practice this new way of thinking about yourself and about life will help erase the old, negative messages you have been carrying for so long,” Hay says in the book. “Soon you will be smiling more and finding it easier to look in the mirror. Soon the affirmations will start to feel true.”

Mirror work is simply looking yourself deeply into your eyes and repeating affirmations.

For most of us, sitting in front of a mirror and facing ourselves is difficult at first, so we call this process mirror work. But as you continue, you become less self-critical, and the work turns into mirror play. Very soon your mirror becomes your companion, a dear friend instead of an enemy.

Tip: Try these steps out:

1. Stand or sit in front of your bathroom mirror.
2. Look into your eyes.
3. Take a deep breath and say this affirmation: “I want to like you. I want to really learn to love you. Let’s go for it and really have some fun.”
4. Take another deep breath and say: “I’m learning to really like you. I’m learning to really love you.”
5. This is the first exercise, and I know it can be a little challenging, but please stay with it. Keep taking deep breaths. Look into your eyes. Use your own name as you say I’m willing to learn to love you, [Name]. I’m willing to learn to love you.
6. Throughout the day, each time you pass a mirror or see your reflection, please repeat these affirmations, even if you have to do it silently.



Meditation

Meditation is the practice of turning your attention to a single point of reference. It can involve focusing on the breath, on bodily sensations, or on a word or phrase known as a mantra. In other words, meditation means turning your attention away from distracting thoughts and focusing on the present moment.

Tip: There are many meditations online on youtube that will be an aid you in learning this tool. You can simply search “guided meditation” as a beginner which will do just that, “guide you through the meditation”. Although, people will often think they are doing this practice wrong, I am here to tell that that is completely false. It's seriously hard not to properly meditate. As long as you are in a quiet space, focusing on your breath and still, you're doing it right.

In the beginning, the first phase is training your brain to focus, then it's all about getting your body still enough until you beginning feeling a peace of centeredness. Your only job again is to trust and do. Your body and the universe will take care of the rest. Trust me when I say that every single time you're getting into the position and centering yourself, you are changing and growing. Trust the process.

Exercise: Beginning meditation today! For only 5 minutes and increase the time as the weeks go by. Remember that this beginning phase is simply training your brain, so as it begins to wonder - bring that attention back and build your focus muscle.

Practice Gratitude

As it often happens in life, gratitude has a different meanings to many. Most of us associate gratitude with saying “thank you” to someone who has helped us or given us a gift. From a scientific perspective, gratitude is not just an action. Gratitude is a positive emotion, which is really important because it serves a purpose. Positive psychologists contend that gratitude is more than feeling thankful for something, it is more like a deeper appreciation for someone (or something,) which produces longer lasting positivity.

The more you practice this, the more you are letting the universe know you are open and ready for more of this feeling. Be gratitude for where you are today and what you have. Only with the frequency and vibration of gratitude can you continue to get more and higher blessings. The universe feels trusted and loved and in return give you more.

Tip: Incorporate gratitude into your morning routine, it's the best time to give thanks with true appreciation and love. Also, if you do it first thing in the morning - it serves as a reminder so you don't forget later on in the day!



Journaling

Journaling can come in different forms: Mind-map, list goals, outline your vision, doodle, draw, sketch, make a gratitude list, list your short-term and long-term, write down everything you are curious about, list your passion projects, make a daily entry of needs to be done, reflect on your accomplishments, etc. Which I believe are all very useful.

However, during this process of uncovering yourself, the best journaling to practice is reflective journaling. Here is when you write about your feelings, triggers and thoughts you just can't figure out. There is something about writing things down that is so profound. Not only the fact that you have to finish a thought by completing the sentence before you jump to another thought but also because you get to see your thoughts outside of yourself.

“Writing accesses you're the left hemisphere of the brain, which is analytical and rational,” says Maud Purcell, a psychotherapist and journaling expert. “While your left brain is occupied, your right brain is free to do what it does best, i.e. create, intuit and feel. In this way, writing removes mental blocks and allows us to use more of our brainpower to better understand ourselves and the world around us.”

Begin journaling and begin experiencing these benefits:

- Clarify your thoughts and feelings.
- Know yourself better.
- Reduce stress.
- Solve problems more effectively.
- Resolve disagreements with others.

Self-hypnosis

Self-hypnosis is a naturally occurring state of mind which can be defined as a heightened state of focused concentration. With it, you can change your thinking, kick bad habits, and take control of the person you are—along with relaxation and de stressing from everyday life. It's similar to meditation and results in a better you.



