



LESSON 4: AUTHENTIC VS. ACTOR SELF

When have you noticed the actor self vs. the authentic self in your own life?

What is one example you consciously recognize that you are in your actor self?

How do you act on the outside when you are in your actor self? Use specific examples.

How does it feel on the inside when you are in your actor self? Another way put – where is the disconnect from your feelings vs. what you are doing?

As you consider the roadmap, you may instinctively feel that you spend more time in the actor part of you, than the authentic part of you. If you could change any part of your acting vs. being – what would it be and why?



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Often, it is easier to notice what you are doing rather than what you are feeling. When you feel like you are not acting in a way that honors your feelings inside, what do you DO today? (i.e. go find a project, self soothe by jumping on your phone, etc.)

What is your personal focus like today (how are you spending your thinking time today)? Do you focus on staying centered and in harmony with yourself? Why or why not?

When are times in your life where you feel a strong urge to protect or defend yourself?

Do you feel you are in a constant state of self-evaluation or re-do? Why or why not?

What is your current environment like? Is it supportive, stable and flexible? Or is it competitive, drama filled and inflexible? Are there certain people that add to this environment?



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What do you say, do or be that encourages the environment to be exactly as you just described?

Do you have a conscious awareness of the role you play in your surroundings?



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The purpose of this activity is to use your past to create a new future way of being. By using your feelings as a guidepost, you can actively shift your life to be more centered, satisfying and in harmony with your authentic self. Using a notebook or reflections page, picture your perfect life 1 year from now. In your mind's eye, create your perfect job. Describe where it is. Who works with you and why? Do you know them today or are they new people coming in to your life? How do you act and interact with them that is different than how you are with people today? What exactly are you doing, and why does it matter to you? What kind of clothes are you wearing? Do you have an office or home base? What does that look like? How will you spend most of your day – what activities keep you content, creative and satisfied? How much free time do you have, and how do you spend it? Taking a quick inventory of your closest relationships, who is still in your life and why? Who have you chosen to move away from (maybe for the time being), and why? What old thinking patterns have you lovingly moved past, honoring them for what they did for you before? By creating this emotional image, you can become more active and proactive in moving in the direction of a more harmonized state. The more attention you give this exercise, the more opportunity will arise, and the more aware you will be about what matters to you.

Continue to come back to this picture, adding anything that feels like it needs to be added, removing things that maybe 'sounded' good but didn't really feel right. Jot down your feelings about this exercise and what you've learned about yourself in the journey so far.

You may also enjoy creating a vision board that helps represent your life one year from now. Using a poster board or frame, find pictures in magazines, the internet, etc. that represent how you feel, and create a collage on this vision board. Place this board near you so you can continually align your feelings with your actions and interactions to create this new way.