Meet Your Truest Self

You are the ONE you’ve been waiting for.

It is true.

**Let’s get to know what your truest self wants you to know and to BE. Create a vision of your truest self so that you can embody its energy and allow yourself to come alive.**

Your mind: What does your truest self think about? What thoughts does your truest self have? What mindset does your truest self embody?

Your eyes: What does your truest self SEE or notice as you move through the world?

Your mouth: What does your truest self say? To yourself? To others? Does your truest self have a mantra or a song they sing?

Your heart: What is your why? And, what does your truest self LOVE?

Your right arm/hand: What actions does your truest self take each day? What are the things you DO?

Your left arm/hand: What routines, habits, practices, or resources does your truest self need? Use?

Your feet: What are your 3-5 core values? The things that make you YOU? Place each value as a root underneath your feet.

**Your turn: Create your Truest Self stick figure.**

**Envision what it would look like to be your truest by creating your stick figure on the right.**

Liisten to episode 50 of the *Sunrise in Your Pocket* podcast if you’d like to be guided through this exploration.
Be Your Truest Self