Journey to Authenticity

13 JOURNAL PROMPTS TO SUPPORT YOUR JOURNEY



Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are. Choosing authenticity means cultivating the courage to be imperfect. —Brené Brown

Life feels incredibly messy these days. At the time of writing this, we are in the midst of a global pandemic.

I'm embracing the idea of a simple reset in my life and trying to get my feet under me. I know I'm not alone in needing lots of gentleness, support, and patience in this season.

One of the specific ways I'm exploring a simple reset is to notice the frustration, anxiety, judgment, and pain I experience because of my expectations of how life "should" be, how others "should" behave, or how I "ought to" be.

My unrealistic expectations and deep desire for perfection trip me up and trickle down into my relationships. They prevent me from being present in the moment. I remind myself over and over even as I support my beautiful clients in this too, that we were never meant to be perfect. We're only meant to be perfectly us.

When we consciously cultivate selfcompassion and authenticity we are more able to release our perfectionistic tendencies, experience greater freedom, and be truly present in our lives. I want this. I suspect you want this too.

I've created 13 journaling prompts to support you in a simple reset of your own. The prompts are divided according to the 3 key pillars of my work and are intended to help you Embrace Imperfection, Practice Authentic Soul Care, and Take Off Your Mask.

In addition to journaling through your responses, you might use these prompts as reflection questions for an honest conversation with a safe friend or your therapist. You might do it all in one fell swoop or sit with one question per week over the next three months. When you're ready to go deeper into this work, I invite you to reach out for a free 30-minute call to talk about how I can support you in Your Journey to Authenticity.

Grace and Peace.

xo-Lea

Let go of who you think you're supposed to be and embrace who you are. —Brené Brown

1.	How do you want to FEEL in your life? Identity 3 to 5 words and/or a phrase or mantra that helps describe the person you want to be and how you want to feel in this season of life.
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2.	What does courage look, sound, or feel like to you? Neither courageous nor wholehearted living require "perfection" but they do require vulnerability and inner conviction. Consider some people (past or present) that modeled courageous living. Why do these people stand out to you? What characteristics do you want to emulate in your life?
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3.	Cheering ourselves on like we're our own best friend helps us live anchored and courageous. Write out a quick letter reminding yourself of all the reasons you're proud of your hard work in this season.

4. All emotions are permissible and good messengers. We need to learn to sit with our feelings (vs running or numbing) to stay mind-body-spirit healthy. If we are out of touch with or suppress our emotions, studies show they'll manifest elsewhere in our body and/or mind. On a scale of 1-10, how are you doing in this area? Which emotions do you tend to avoid or suppress and why?	
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5. Do you love and approve of yourself? Do you love and accept your body? How would you describe yourself?

A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.

—Christopher K. Germer

6.	Anxiety impacts our whole life from our work to our relationships and even our emotional intelligence. It makes us self-focused so we're not as good at connecting with others. Breathwork, mindfulness, self-compassion, walks in nature, connecting with people we love, sleep, play, creativity, and laughter can all help regulate our nervous system. What do you need more or or less of in your life these days?
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7.	Think of two or three concrete examples of where you'd like to let go of multitasking and choose presence over productivity to boost your happiness or life satisfaction.
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8. Learning to pause between impulse and response is a critical skill that makes space for you to CHOOSE your next step forward. Reflect on some recent times when you felt less than content. Perhaps you felt angry, frustrated, guilty, resentful or afraid. How did you act in those moments or what led to that emotional experience - would instituting a pause have helped?

9.	Speaking to ourselves with kindness is an important act of self-compassion. Listen to your inner voice; is it kind, helpful, inspiring? Whose voice does it remind you of? What if you decided to only talk to yourself like you would to your very best friend? How would that feel?
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TAKE OFE YOUR MASK

Why are you so determined to keep your wild silently inside you? Let it breathe. Give it a voice. Let it roll out of you on the wide open waves. Set it free. —Jeanette LeBlanc

10.	Have you named and owned what you really want? Our voices easily get drowned out in the noise of other people's opinions, social media, self-doubt, tending to our family, or fear of what other people might think. What do you want?

TAKE OFF YOUR MASK

11.	Masks are a reality during this season of Covid. But how long have you really been wearing a mask? When did you start hiding your reaself, feelings, and opinions, and tamping down your true desires? How have you censored yourself to make others comfortable?
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TAKE OFF YOUR MASK

12.We are often pushed to our borders in order to grow into something more beautiful and more true. How are you being stretched and invited into growth in this season?

TAKE OFE YOUR MASK

13. Getting to know ourselves and own who we are is an important step in peeling off the masks we wear. We can embrace the truth that we're imperfect and also love ourselves completely. What are your strengths? What lights you up? What are you curious or excited about? What one change would you make in the world given the opportunity?

Lea Grove

Holistic Mindset Coach & Spiritual Director



It's truly through experience that Lea has been led into an intimate relationship with Love. Even as a young girl she recalls striving to please others to have everything just so. She learned quickly to wear a mask of perfection, striving for attention and acceptance. This led her into a place of bondage from which it was hard to break free. She eventually turned to drugs and alcohol. There was a period of

great confusion and darkness. Feeling alone, lost, and scared, Lea slowly began to climb out of the pit to which she had succumbed. One step at a time, she learned to trust, to know hope, and to eventually rest in a new freedom and a new happiness.

Today, happily married and a mama to three beautiful kiddos, Lea guides women in embracing spiritual practices and connection. She helps them discover their true selves and embrace vulnerability and authenticity. She journeys with those who are seeking to live out of a place of grace and dignity.

Lea has experience working with women in all stages of life. She is a Holistic Mindset Coach, and a Certified Spiritual Director-Companion. She will helps people reconnect to who it is they were designed to be. Lea has in depth experience with many aspects of recovery. Through your time with her you will uncover, discover, and discard the things that do not serve you and learn to embrace the things that do. She is passionate about helping women let go of perfectionistic ideals and begin to live a life of freedom and joy. Lea looks forward to the opportunity to journey with you and to hold sacred space for you.

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