

# Journey to Authenticity

13 JOURNAL PROMPTS TO SUPPORT YOUR JOURNEY



Lea Grove | [authenticsoulcare.com](https://authenticsoulcare.com)

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 self-compassion 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*





























# 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 help 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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