

Meet Your Authentic Self Webinar Worksheet

A Fast Track Webinar facilitated by Jaz Goven

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Please print off one copy to use for the webinar

For generations, we have been told how we should be – smarter, faster, bigger, smaller, tougher, independent, powerful, fatter, thinner, more like your brother, more like your sister and so it goes on. And, of course, we try to be ‘all of that’ so we will be loved and accepted. All these *should’s* and *shouldn’ts* give us the message we aren’t OK as we are and consequently we develop lack of self-esteem because we are always trying to be what others tell us we should be……instead of allowing ourselves to be what we are at our core.

These messages, or our ‘perception’ of them create negative programing within our subconscious from the moment we are born and sometimes even before. Our programing runs our behaviour and our responses and we constantly strive to be more or less and raise or lower the bar in accordance with that programing and our perception of how we ‘think’ we should be.

Today You begin the exciting journey of meeting Your Authentic Self

Calibrate:

I am in alignment with My Authentic Self Before % After %

I am in judgement of My Authentic Self Before % After %

It is safe for me to be My Authentic Self Before % After %

I am holding myself back Before % After %

**Desired Outcome** Choose 3 qualities you want for your Authentic Self

**Authentic**/powerful/confident/expressive/wealthy/dynamic/

successful/worthy/seen/creative/open/authentic/honest

 Today I allow myself to be more

……………….……….. ………………....….. and ……….……………….

than before and I will look for the evidence of this everywhere

every day – it is safe to be my Authentic Self – NOW!

I am in alignment with my Desired Outcome Before % After %

**……………… Break ………………….**

Resistance to change: Before % After %

General resistance Fear of Change Secondary Gain Social Conditioning

No. of **Root Causes**?

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

No. of **Aspects**?

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Recalibrate Alignment %

Reprogram with Desired Outcome

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