



The Women's Experience Network and Samantha Collins' Books introduces:

True Self of: _____

Date: _____

Here is where you design yourself. Your true self. The image that you believe you want to project. Today. Start now. Consider you. Disregard what you have been taught, what you have been conformed to believe, what others have cast upon you. Take away the veil of your upbringing, your religious beliefs, your persona that has been created by your roles. Think for just a moment...Who do you desire to be? Who is the person who placed their name on that top line of this worksheet? Here are six lines to fill in. Add a sentence that you create of what you perceive as your true self. It should not be physical, it should be an internal quest for change, improvement and transformation. Who do you desire to be?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Now! Take one of those six items and outline six self-goals for this week. Six things you can do this week to get you closer to realizing that transformative line item.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Every day for the next week, read these items. Work towards meeting the objectives that you outlined. It's not a race nor is it a clear right or wrong path. So don't over judge or be too critical if you don't achieve the daily goals. Forgive yourself. Find grace in your journey and start again. Each week, assign a new series on a new worksheet. Watch your progress over 30-days as you create YOUR True SELF!

