

# Crystal-Marie's Authenticity Checklist



A warm welcome (back) to authenticity. Remember, life is a journey. Challenges are just questions we enjoy discovering the answers to, simply by "being". I invite you to step (back) into knowing that it is fine for you to stay true to who you are, regardless of the response of others.

Discuss it with yourself out loud, if you would like to.

## WHAT (WHOSE) BELIEFS ARE DRIVING RIGHT NOW?

1) Let's separate what you're 'supposed to' believe from your true, intrinsic beliefs. 'Kool-Aid' is the belief that is guiding your feelings, right now.

- What guru, expert, philosophy, external expectation is driving these emotions, thoughts, responses, right now? Is this also my core belief?

## WHAT (WHOSE) BELIEFS ARE DRIVING RIGHT NOW?

2) If this driving philosophy is not my core belief, *[If it is my belief, see #3]*.

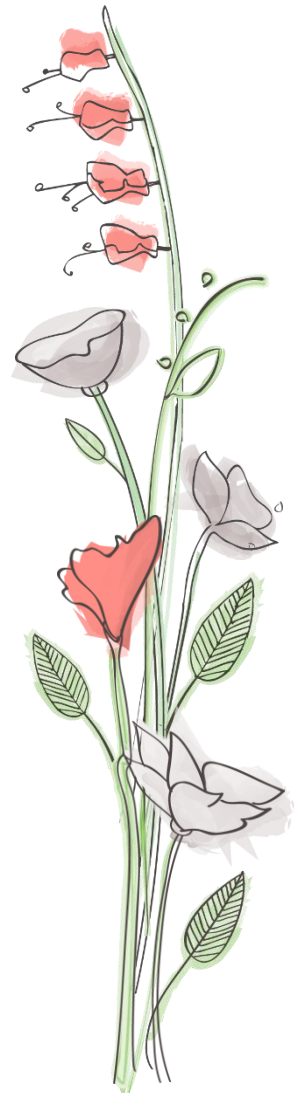
- What within me is giving that belief greater power than my own core beliefs, around this situation? The opinion of someone in an important relationship? Is my belief in the way of me getting what I have long wanted?
- Is my belief around the importance of that person or situation true, or is it rooted in fear or limiting beliefs?
- How do I release this to maintain 'being true to myself' as the priority?

3) If this driving philosophy is your core belief, *[If #2 was true for me, see #4]*

- We know that our true beliefs protect us. If so, why am I responding negatively? Was I unprepared to face that belief in this situation? Was a boundary violated? Does this situation disprove the belief?
- Setting aside the external, do I acknowledge and release that I simply wasn't prepared for this perspective, and accept this new perspective?
- Do I re-assess whether or not this belief truly serves who I really am? Releasing it altogether or acknowledging that it doesn't always apply?

4) How do I feel, now that I've released what doesn't serve me?

- Have I truly released it, being true to myself, because it doesn't serve me or because it wasn't convenient? *(It's okay to revisit questions above.)*
- Having released that hold, do I need to sit, alone, with this a bit longer, or do I feel better? Are better, more positive, thoughts coming to me?



## LET'S CHECK-IN – STILL WITH OURSELVES, ASSESS EXTERNALITIES

5) I am now clear, having taken responsibility for my thoughts and feelings, but what external triggers do I need to be aware of? How do I engage with this/these? *[If no external triggers, #1-4 are fine.]*

- Was there really an external trigger (people, situations, finances, desires) that affected me? If yes, what was it? *(It's okay to allow for more than one trigger.)*
- What energy, thoughts, feelings came from that trigger that allowed it to have that impact?
- Bringing all of this into the light, I can see the bigger picture. How do I reframe this so that I may minimize the impact in the future, should it arise again, so that I may now release it? Do I have to leave the responsibility for someone else's dissatisfaction with them? Do I have to acknowledge that, even if this wasn't a "win-win" for everyone, I am to remain true to myself?
- Take that step, internally. Having taken the time to release and reframe this trigger, whether by releasing ownership of others' responses or by accepting the 'imperfection' of the situation, do I feel better? Have I restored my authentic resilience to a place devoid of resentment and other negative emotions? Are better, more positive, thoughts coming to me?
- If yes, go to step #6. If no, I will take as long as I need (a day, a week, a month) to get there.*

## CHECK-IN WITH THE EXTERNAL (IF APPLICABLE)

6) If my triggers are externalities that I want to keep in my life, how do I engage with them? *[If not a person or situation to be addressed, or if no one else was aware of it, #1-5 are fine.]*

- If my trigger is a person, is a conversation necessary to act responsibly on my part, or am I doing that in some way only so that I will feel better? Will a conversation likely set clear boundaries to minimize another situation, or will it create a situation where there was none, as far as that person knows? *(Be gentle with yourself, but don't avoid conflict to your detriment. Really assess this.)*
- If my trigger is a situation, desire or things, do I need to face and embrace it? Do I release it or take some action around it? Do I find a way to reframe this as well, as a part of my growth and healing?

7) Checking in with myself, once again, has this been resolved? Is this resolution enough for this time?

- Do I feel better? Have I restored my authentic resilience to a place of love, grace and peace? Are better, more positive, thoughts coming to me?

## HAPPY TO CONNECT

- I, Crystal-Marie Sealy, MBA, built this around my signature talk, "Authenticity for Gentle Resilience" (2020) – originally "The Disruption of Authenticity" (2016). I hope this serves you well.
- As an author, keynote speaker and strategy consultant, I invite premium services professionals to create feasible lifestyles and businesses around their natural rhythms, cycles and needs. Pricing, process and feasible schedules for inspired creativity and feasible schedules.
- If this sounds like just what you need – to better work with your strengths and desires, let's connect. *Subscribe to "Conversations with Crystal-Marie", read one of my books, or connect on social media – see if my voice resonates.*
- Event planners, organizers, need a speaker for just this topic? Let's chat! Book a call at [crystalmariesealy.as.me](https://crystalmariesealy.as.me)
- Contact details are listed in the footer.



THANK YOU FOR INVITING ME ON THIS PART OF YOUR LIFE'S JOURNEY!