

Authentic Choices Worksheet

Watch the full video related to this topic [here](#).

Journaling Questions

1. What does this (project/relationship, etc.) want to become?
2. If I listen for the voice of its path, what do I hear?
3. What images do I see?

4. What thoughts or fears are present that are making it hard to hear the voice of its path?
Just name these and write them down.

5. If I gently and lovingly set those aside, what other intimations from the voice of the path
come forward?

Stay in touch! For more resources to support your wellbeing like this one, sign up [here](#).

Get the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead*, [here](#).