

How to Unlock the Power of Your Beautiful Authentic Self.

Module 6 – Lesson 45.

I Go Within to Get In Touch With My True Self. Additional Resources.

## I Go Within and Get In Touch With My True Self.

Deep inside, I know what is right for me. ***I am aware of where my values lie and which life choices make me happiest.*** Therefore, I regularly go within and get in touch with my true self.

I trust that the answers I need are inside of me. If I feel uncertain, I take a moment to breathe deeply and evaluate the situation at hand in light of my highest vision of myself. The answer always becomes clear.

This self-searching is an ongoing practice for me. Because I stay in touch with myself, I increasingly find myself knowing intuitively what I need or what to do in any situation. ***I act with confidence, knowing that I am aligned with my highest priorities: my values.***

I am thankful for the self-confidence I gain when I act in alignment with my highest vision of myself. I have character and integrity and their strength grows increasingly as I connect more and more with my innermost self.

***Today, I make time to evaluate the extent to which my actions are aligned with my values.*** I am thankful for each opportunity to create what I most want in my life. Because this is such a high priority for me, I regularly go within and get in touch with my true self.

### Self-Reflection Questions:

1. In what situations do I feel I act most clearly in accordance with my values?
2. In what circumstances do I feel challenged to act according to my beliefs?
3. What can I do to support positive action in these situations?

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