

How Authentic Are You?

Consider each of the questions in the self-test below and decide if you (5) Strongly Agree, (4) Agree, (3) Somewhat Agree, (2) Disagree, or (1) Strongly Disagree with the statements made about the level of authenticity in your life.

	Strongly Agree				Strongly Disagree
1. I am living a fulfilling, meaningful life	5	4	3	2	1
2. I am clear about my personal values and live in alignment with what matters to me	5	4	3	2	1
3. My life has very little internal conflict	5	4	3	2	1
4. I am making a difference in the world in a way that is meaningful to me	5	4	3	2	1
5. I am clear about what I love and what I am passionate about	5	4	3	2	1
6. I live with a sense of purpose	5	4	3	2	1
7. I know what my unique talents and strengths are, and I express these on a regular basis	5	4	3	2	1
8. My life is relatively stress free	5	4	3	2	1
9. I feel free; I am not controlled by anybody or anything	5	4	3	2	1
10. I feel connected to the people in my life I love, and they know how important they are to me	5	4	3	2	1
11. I honor the promises that I make - to myself and to others	5	4	3	2	1
12. I have a strong supportive network of people that I feel connected to	5	4	3	2	1
13. I am honest with myself and others; I live with integrity	5	4	3	2	1
14. I enjoy the people I work with	5	4	3	2	1
15. People see me as a stable person who is poised under pressure	5	4	3	2	1
16. I have a constructive way of handling negative emotions (e.g. anger, fear, insecurity, self-doubt, etc.)	5	4	3	2	1
17. I am at peace with myself and at peace with the present moment – most of the time	5	4	3	2	1
18. I don't compare myself to others because I am comfortable with who I am	5	4	3	2	1
19. I feel that my life is integrated, that all the different facets of my life are attended to	5	4	3	2	1
20. People I regularly interact with would call me a caring person	5	4	3	2	1

How Authentic Are You? *...continued*

After you have answered the questions, consider having people closest to you – at work and in your personal life – rate you. Notice any inconsistencies between how you rate yourself and how others rate you.

Scoring:

- 80+: Very authentic
- 60-80: Authentic
- Below 50: Some focused attention is being called for to live a more authentic life

Your answers to these twenty questions give you a snap shot of how authentic you are at this moment in time. These scores will undoubtedly fluctuate depending on what is going on for you and what stage you are at in your life. There is no right or wrong score. What is important is to start reflecting upon how authentic you are and what areas you may want to focus on developing. To grow authentically, it is important to recognize the gaps as well as the areas where you are living authentically. Authenticity is not a destination, a goal to be sought after, but rather it is a method of travel.

In what areas do I feel good about myself, where I feel that I am living authentically?

- Where are my “authenticity gaps” – areas that are in need of further awareness and focus?
- What actions are needed?
- How Authentic Are They?

Use the “Authenticity Assessment-Responses From Others” to get feedback on yourself.