



The Authenticity VIBE CHECK



Discover what you are currently aligned to
...and if it's time to pivot
with this quick and easy checklist

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Instructions: Use this checklist to reflect on your current journey. It's designed to illuminate whether it's time for a course correction. Begin by finding a quiet space where you can focus solely on your thoughts. Allow yourself to explore each statement with honesty and openness. Self-awareness is the first step toward meaningful change. Check all boxes that resonate with you. Let this checklist serve as the catalyst that guides you toward a more fulfilling and aligned direction.

Part 1: Daily Life & Feelings

- ☐ I often feel like I'm going through the motions instead of truly living.
- ☐ I sometimes feel disconnected from myself or unsure of who I really am.
- ☐ I compare myself to others and feel "less than" more often than I'd like.
- ☐ I've achieved some goals but still don't feel deeply fulfilled.
- ☐ I struggle with setting boundaries or saying "no."

Part 2: Relationships & Connection

- ☐ I feel like I can't always be my full self around others.
- ☐ I sometimes mold myself to fit what others expect of me.
- ☐ I crave deeper, more authentic relationships.
- ☐ I feel drained by interactions that don't feel genuine.

Part 3: Growth & Potential

- ☐ I sense there's "more" to my life, but I'm not sure how to access it.
- ☐ I long to reconnect with passions, dreams, or parts of myself I've left behind.
- ☐ I want to feel more aligned with my true values and purpose.
- ☐ I'm curious about tools and practices that help with self-discovery.

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Your Results: Count how many boxes you checked and find the corresponding section below:

1. 0-3 Boxes Checked: Stable Path

- Your current path is relatively stable, and a major course correction might not be necessary. Focus on small adjustments or improvements at this time.

2. 4-7 Boxes Checked: Consider Reflection

- This range indicates that there are some areas of concern that may benefit from reflection and deeper planning. Take the time to explore specific areas where you've checked boxes and consider how making changes can help you move forward.

3. 8-10 Boxes Checked: Re-evaluation Needed

- With a higher number of checks, a more significant re-evaluation of your current path might be beneficial. Take time to reflect deeply on your goals and consider more substantial changes.

4. 11-13 Boxes Checked: Course Correction Recommended

- If most or all boxes are checked, it's a strong indicator that a course correction is necessary. Explore new directions, seek support, and make strategic changes to align with their goals and values.

- ☒ **Mostly Yes:** It may be time to embark on a journey of self-discovery. My book, ***Origins Rediscovered: A Path to Authenticity and a Fulfilling Life***, offers valuable insights and practical guidance to help you navigate this journey. It's designed to support you in embracing authenticity and making meaningful changes that align with your true self. This book will feel like a mirror, helping you reconnect to your authentic self and rediscover your spark.
- ☒ **Some Yes / Some No:** Seek new insights and encouragement, especially if you're curious about authenticity. This is a sign to pursue more information.
- ☒ **Mostly No:** That's okay! Keep this checklist handy—you may find it resonates more in the future.



Whether you feel more confident about your current path or have decided to change direction, remember, rediscovery is not about becoming someone new—it's about remembering who you've always been.

If even one box on this list spoke to you, this journey might be exactly what you're ready for.

Embracing this path of self-rediscovery can lead to profound personal growth and fulfillment.

To support you on this transformative journey, consider exploring my book, ***Origins Rediscovered: A Path to Authenticity and a Fulfilling Life.***

By delving into its pages, you'll find encouragement and practical advice to embrace your unique essence and live a life that truly reflects your authentic self.

Let *Origins Rediscovered* be your compass as you begin an empowering journey of self-rediscovery and transformation.

About ELLE E ROE



Elle E. Roe is an American author celebrated for her diverse literary works, ranging from poignant poetry and enchanting children's fiction to her latest non-fiction exploration of authenticity. Passionate about guiding others on their self-discovery journeys, Elle draws from her own experiences to inspire and teach the value of embracing one's true self. Through her writing, she aims to empower individuals to live more fulfilling and authentic lives.

Thank you for taking the time to explore this checklist. Your journey towards rediscovery and authenticity is a courageous one, and I'm honored to be a part of it.

I'd love to hear your thoughts and experiences, so feel free to reach out and share your journey. Whether you feel more confident about your current path or have decided to change direction, keep moving forward. Until next time, stay rooted in the now, keep reaching for what's next, and may you find magic in every moment!

Let's Stay Connected!



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