

A white circular logo containing the text "ERIN COUPE" in a clean, sans-serif font. The background of the entire page is a photograph of Erin Coupe, a woman with long, wavy, light brown hair, smiling warmly. She is wearing a dark, sleeveless top with a shimmering, sequined texture. Behind her is a bookshelf with several books, and the wall has a teal, textured pattern.

ERIN
COUPE

personal development worksheet

Being Authentically You

Prepared for **you**

Free
Download

erincoupe.com

Serving you is truly a gift and I'm so grateful you're here. It's not every day you come across people that are ready to step into the inner work and development required to live a more authentic life. Kudos to YOU for showing up for yourself!

When I'm in my zone of genius, I am creating, sharing and guiding people like you. Maybe you're here because you feel stagnant in your career, or life seems to be so redundant (bye bye hamster wheel), or maybe you've been on a growth journey for some time but it doesn't seem like you're making the progress you'd hoped for. Trust me, I get it, and I've been in all of these frames of mind, and more.

I trust that while we're on this journey together to discover, align and be the most authentic version of YOU, you'll feel my energy and passion behind each and every word I write, video I share, and opportunity I create to support your continued personal development and professional growth.

Please use this free worksheet to engage with the practices and build a cadence around them. These are just a few of the innate human skills that I teach in keynotes and workshops to people around the world. Repetition and attention is a must to empower yourself in making these skills natural. Remember, it's only uncomfortable because it's unfamiliar. You're already in your mind, so you don't really need more time to engage with these practices. Over time you're training yourself to use the time in your mind more wisely!

Reach out and let me know how it goes for you. I always love to hear the stories that people share as they start to notice differences in themselves.

Erin



Practice makes progress...

Practice these tools to build your innate human skills and connect with your authentic self more effectively. With cadence and practice these tools will evolve your mindset and enrich your human experience. Key is just to begin and keep your commitment to the best version of YOU.

The background of the lower half of the page is a close-up photograph of teal-colored water with ripples and small waves. Two overlapping rectangular text boxes are superimposed on this background. The top box is dark blue and contains the first tip, while the bottom box is a lighter teal and contains the second tip.

01

Question your negative, fear based thoughts - they are not you and you can choose to rewrite them toward positivity & growth or let them go.

02

Tame your inner critic (wounded ego) by using a name to detach from its voice. Speak back from your heart to stay in your power and not play small.

Reframing negative thoughts...

Take note of negative thought(s) that you seem to have repeatedly. Turn these thoughts into more positive statements then read and recite them three times in a row every day. Over time this trains your brain to form new neural pathways supporting the positive statements and your mind can start to believe the positive statements are true. Positive thinking dramatically increases your chances of success in any endeavor.

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

Tame your inner critic.

For too long you've probably listened to your inner critic and let it drive your actions / inactions. It is not the authentic YOU, just the voice of your wounded ego. Give it a name and start to speak back to it from your heart. You have the power to quiet this inner critic or to help it grow. The thoughts you follow by giving them your energy and attention is key, and you get to choose!

WHAT NAME HAVE YOU GIVEN YOUR INNER CRITIC?

WHAT DOES THIS VOICE SAY TO YOU ON REPEAT?

HOW DOES THIS SERVE YOU OR HURT YOU?

WHAT DO YOU WANT TO BELIEVE INSTEAD?

WHAT DO YOU NOTICE AND FEEL WHEN YOU SPEAK BACK TO THE VOICE OF YOUR INNER CRITIC FROM THE VOICE OF YOUR HEART?



ERIN
COUPE

WITH GRATITUDE

"Whether you
think you can, or
think you can't,
you're right."

HENRY FORD

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