

# Living with Authenticity: Essence Statement

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an exercise from  
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# Time Travel

**Begin this exercise by sitting in a quiet meditation.**

**Follow these steps to enter into a calm, meditative state:**

1. Close your eyes. Breathe in through your nose while counting to four slowly. Feel the air enter your nose, and then your lungs.
2. Hold your breath while counting to four slowly.
3. Exhale all the way out, counting to seven this time.
4. Repeat steps 1 to 3 at least three times.

Once you feel centered and relax, journal the answers to these questions.

\* Time Travel: If you were to time travel backwards, through age 20, 18, down to 15, 13 to 9 and all the way down to around 5 years old: what does the inner child of your youth like?

\* Imagine: now move forward into the future, what does your magnetic, most luminous self look and feel like?

\* Recall: What comes to mind when you consider the dreams of that inner child and that luminous version of you?

\* Visualize: what images, words or sounds arise for you when you consider the essence of your inner child and your luminous future self?

On the next page, circle the words that jump out at you. Don't overthink it, circle any words or write them in your journal if they speak to you. Now, go back and look at the circled words and place an X by the top 8.

# Your Essence

Fascinating	Graceful	Contemporary	Unique
Abstract	Thought-provoking	Emotional	Enigmatic
Dazzling	Conceptual	Hyper-creative	Layered
Fluid	Eclectic	Dream-filled	Visionary
Passionate	Instinctive	Impeccable	Meandering
Acclaimed	Radiant	Playful	Skilled
Delicate	Atmospheric	Artistic	Remarkable
Fresh	Emergent	Dynamic	Balanced
Peaceful	Interesting	Inspirational	Energetic
Accomplished	Refined	Profound	Inventive
Disciplined	Avant-garde	Narrative	Resourceful
Imaginative	Elevating	Studied	Bold
Phenomenal	Intellectual	Colorful	Engaging
Aesthetically	Refreshing	Disruptive	Labyrinthine
Aware	Awe-inspiring	Organic	Romantic
Distinctive	Enchanted	Classic	Boundless
Original	Intuitive	Detailed	Evocative
Tasteful	Honest	Unexpected	Lyrical
Complex	Timeless	Conversational	Generous
Distinguished	Unconventional	Engrossing	Mystical

# I AM: AUTHENTICALLY

Of the 8 words you've placed an "X" by, create 8 "*I am*" statements.

## *MY ESSENCE STATEMENT*

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

Example:

I am passionate.

I am peaceful.

I am remarkable.

If there's a word that isn't on the list that speaks to you, add that word.

# I AM: AUTHENTICALLY

Lastly, string your "*I am*" statements together to create one mantra - an "essence statement" to guide your mindset. Write in the present tense.

Put this statement next to your bedside and read it every morning when you wake up and before you go to bed.

In the morning, say it out loud to yourself in the mirror before you begin your day.

Type it into your phone notes - when you feel low vibe, open the note and read it again.

If you don't believe it yet, that's okay - you will. Keep this practice up for a full lunar cycle.

## *MY ESSENCE STATEMENT*

Here's my personal example:

*I am intuitive and visionary. I am layered with candid brilliance, organic conversation and hyper-creative expression.*

Write yours:

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