

# PRIORITIZE YOUR TIME AND BECOME A MORE AUTHENTIC PERSON IN 20 DAYS

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“Most of us are afraid of dying because we don’t know what it means to live.”  
- Krishnamurti

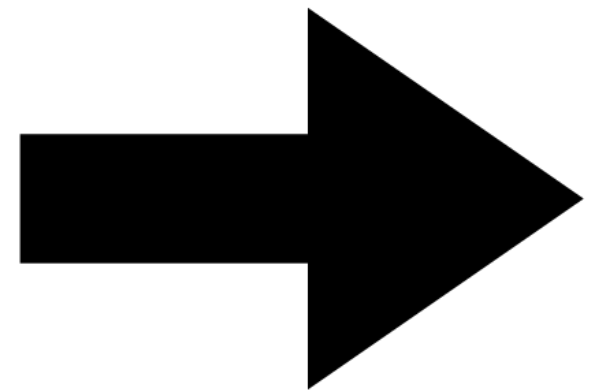
“Right now is the only time to take actions aligned with your values and make progress.”

# INTRODUCTION

Most people live with discomfort because they're [afraid of the unknown](#). They would much rather suffer from the unhappiness they know than venture into uncharted territory of potential. What most people fail to understand is that [one of the most beautiful things in life](#) is the uncertainty that each day brings.

Today, it's time to be courageous and wear your heart on your sleeve. The more that you can acknowledge your shortcomings, the greater your [foundation for achieving your full potential](#) and living a more fulfilling life. For the next 20 days this program will challenge you to become more authentic with yourself and more efficient with your time. You will be confronted with 20 brutal truths and then provided the opportunity to reflect and learn about yourself as you contemplate them.

The goal is to move into discomfort rather than pretending it doesn't exist. The more you face your fears, the more you will get out of each day and the more efficient and fulfilling your life will become. Let's get started!



“Self-development is not what you know.  
It’s what you do on a regular basis.”

# HOW TO USE THIS GUIDE

## **Journaling:**

Journaling is an excellent method to engaging in self-reflection. Putting your thoughts on paper will aid your ability to digest and integrate these 20 challenges into your daily life and create tangible, sustainable change. During these 20 days, you will be asked to keep a small journal and respond to certain prompts that will lead you down the road of self-discovery.

## **Goal Setting:**

At the end of your journaling process, you will be asked to set intentions each day. These intentions are goals that you can come back to throughout each day to check-in, turn inward, and ensure that you are living according to your values. Some intentions will involve writing exercises, while others will involve activities. No matter what you’re asked to do, the more you embrace the challenge, the greater the rewards—real confidence, improved time management, and true self-mastery.

## **Remember:**

Consistency is the key to success. Commit to bettering yourself so that you can improve your productivity skills, master your time management, develop real confidence, and become more authentic (in less than a month).

“You chase success because without money or degrees your deep-seated fear of being a failure is confirmed.”

# DAY 1: CHASING SUCCESS

## Journaling

- Who would you be without your accomplishments?
- How does your fear of being a failure positively and negatively impact your life?

## Goal Setting

- Write three things you can do to address your fear of failure so that it does not end up removing joy from your life by making you dependent on work.
- Challenge yourself to enjoy the journey rather than the destination today. Be mindful of the ways you are chasing success, and how it prevents full enjoyment of the here-and-now.
- Reach out to a friend or loved one and share some of your thoughts.

“You care more about what other people think than about what you think—and it’s destroying your confidence.”

## DAY 2: WORRYING TOO MUCH

### Journaling

- How often do you worry about what other people think about you?
- Describe how your focus on others takes away your sense of powerful and responsibility over your life choices.

### Goal Setting

- List three ways you can start empowering yourself by listening to your intuition and following the advice you give others.
- Create a short phrase or sentence to repeat throughout the day that reminds you to empower yourself by not caring about what other people think.

“You desperately want approval from others and you’re willing to sacrifice aspects of your true self to receive it.”

## DAY 3: SEEKING APPROVAL

### Journaling

- How do you find balance between staying true to yourself and meeting the needs of others?
- What would your life be like if you were unapologetically your authentic self?

### Goal Setting

- Ask three friends to describe one “flaw” or weakness you possess that makes you unique and special in your own way.
- Take one aspect of yourself that you typically keep hidden from others and intentionally share it with a friend or on social media.

“You’re petrified of the sense of emptiness inside yourself, so you fill your life with distractions to stay occupied.”

# DAY 4: STAYING DISTRACTED

## Journaling

- How often do you spend time alone, without your cellphone and other forms of distractions? Is that healthy? Why or why not?
- Do you think watching TV or checking social media is a form of escaping from deep self-reflection? Why or why not?

## Goal Setting

- Write a short plan to address the lack of true self-reflection you currently engage in, which is a crucial aspect of self development and time management.
- Share your plan with a friend or on social media and challenge others to do the same. It’s only through reflection and analysis that you can adjust your trajectory!

“You blame other people for your problems so that you can feel better about your own shortcomings.”

# DAY 5: BLAMING OTHERS

## Journaling

- How might your frustrations with others actually stem from your desire to avoid certain aspects of your own weaknesses, shortcomings, and flaws?
- Is it difficult for you to admit your shortcomings? Why or why not?

## Goal Setting

- Write three of your biggest weaknesses and how they impact your relationships and/or career goals.
- Reflect and then write three to five sentences describing alternative ways that you can direct your frustration and/or insecurities to achieve your goals.



“You get angry at aspects and traits of others that you identify in yourself.”

# DAY 6: STAYING ANGRY

## Journaling

- What things do you see in others that make you angry?
- Are each of those related to old parts of yourself that you don't want to acknowledge? Why or why not?
- How can you use anger at others to work through your shadow and undesirable qualities?

## Goal Setting

- Write one sentence about how you can stop building resentment and start respecting the unique experiences of others.
- Write one goal about how you can be more tolerant of differences in your interactions.

“You avoid dealing with your emotional issues despite knowing that they cause problems for everyone.”

# DAY 7: AVOIDING ISSUES

## Journaling

- Do you follow the advice that you give to friends and family members?
- Why aren't you spending more time focusing on self-development by taking action rather than reading books? What are you avoiding?

## Goal Setting

- Write three to five actionable steps you can take to improve your emotional and psychological wellbeing.
- Circle one of the steps you wrote and commit to implementing the plan and taking action within the next week. The time for growth is now!

“You’re terrified of being seen for you who really are so you wear a masquerade that helps you feel more accepted.”

# DAY 8: VULNERABILITY

## Journaling

- What aspects of yourself do you fake—turn up or turn down—to feel accepted?
- What aspects of yourself and your identities are lost or gained during that “faking” process?
- How do your insecurities prevent you from experiencing more fulfilling relationships?

## Goal Setting

- Write three steps you can take to become more comfortable being yourself.
- Share one insecurity you have with someone you trust.

“You enhance your image on social media to mask your feelings of inadequacy.”

# DAY 9: INSIDE VS OUTSIDE

## Journaling

- Why are your likes, views, and comments so important to you?
- What would it be like to share more or less than you currently share on social media? What does that say about your attachment to it?

## Goal Setting

- Write three aspects of yourself that you don't share with others on social media.
- Pick one of those three aspects of yourself that you'd like to work with today and write three ways you can honor and support that part of yourself.
- If you frequent social media, take a break today. If you typically refrain from sharing, take a risk and post something honest. No cheating!—You're only cheating your growth.

“You pressure yourself to be perfect or care for others because that was the only way you could receive love as a child.”

# DAY 10: SEEKING PERFECTION

## Journaling

- How might your desire for perfection or taking care of others neglect your overall wellbeing?
- Think about how you were raised. Contemplate the subject matter your family discussed and how you were taught to socialize with others.
- How might the patterns you learned about how to connect to others impact the way you currently create relationships?

## Goal Setting

- Pick one element from your journaling to share with two or three people you care about.
- Ask them to provide you with feedback about your relational style—your strengths and weaknesses as a communicator.
- Use their feedback to work towards integration, wholeness, and a more balanced approach to building relationships.

“You chase happiness by purchasing materials because you’re convinced that, at your root, you are not enough.”

# DAY 11: CHASING HAPPINESS

## Journaling

- Why does buying new clothes, appliances, or other material items make you happy? How long does that happiness last?
- What are you trying to cover up or avoid when you buy things?
- What are your expectations about happiness? Are they realistic? Why or why not?

## Goal Setting

- Write three recent purchases that you could’ve been fine without.
- Write a short message to your future self about how you can remember that buying things doesn’t change your underlying feelings.
- Write a goal you have about finding happiness throughout your day without needing to add or subtract anything.

“You allow your inner critic to ridicule yourself because it’s the only way you know how to create motivation.”

# DAY 12: INNER CRITIC

## Journaling

- In what ways does your inner critic serve you well? In what ways is it harmful to your emotional wellbeing?
- Do you think it’s possible to motivate yourself without using negative self-talk?

## Goal Setting

- Throughout the day today, try to become more aware of your self-talk. Notice when your inner critic emerges. Write down the thoughts and statements it makes.
- At the end of the day, read through those statements and challenge them. Fight back! Determine whether or not those thoughts are accurate and realistic or based in fantasy.

“You create problems to solve because it’s the only way you know how to be in the world.”

# DAY 13: CREATING PROBLEMS

## Journaling

- How do you create your own problems and get in your own way?
- How do your reactions to certain events make them worse or keep you stuck in negative cycles?
- How can you plan for these shortcomings to avoid the same pattern in the future?

## Goal Setting

- Creating problems originates in the mind and result from how the mind reacts to internal and external stimuli.
- Set aside 10 to 30 minutes to meditate today. Use a YouTube meditation, phone apps, or your own practice.
- Following this meditation experiment, write down one insight you discovered during the exercise.



“You stick with what’s known and suffer instead of trying something new because you’re terrified of uncertainty.”

# DAY 14: SAFETY

## Journaling

- How does your desire to stick to what you know prevent new opportunities and experiences to enter your life?
- What exciting and adventurous activities would you do if you weren’t afraid?

## Goal Setting

- Write three things you can do to move beyond your current comfort zone. They can be extreme—or not—the choice is yours.
- Pick one of these three things and make use of what little time you have on this planet to live and learn!

“You won’t practice the advice you give others because you’d rather fit in than practice what you preach and stand out.”

# DAY 15: FITTING IN

## Journaling

- Do you follow all of the advice that you recommend to others?
- Why is it so difficult to follow your own advice?
- Treat yourself as if you were a friend. Analyze your life and think about what areas you want to be improved.

## Goal Setting

- Write five pieces of advice that you would recommend to yourself to maximize your growth and improve certain aspects of your life.
- Start taking action today! That could mean doing one of the things on your list or preparing to do one—even small steps toward your goal is better than no movement at all.

“You don’t want to engage in therapy because you’d be forced to admit that you’re not okay and everything isn’t in your control.”

# DAY 16: HYPOCRISY

## Journaling

- What is stopping you from committing to coaching or therapy?
- If you don’t think you need it—where is that resistance coming from?
- What components of your life do you imagine would improve if you were consistently devoting time, energy, effort, and money into developing them?

## Goal Setting

- Research individuals and resources that may be helpful in your self development. This can include psychologists, therapists, coaches, or other mentors.
- Pick one that you envision yourself working with. Even if you don’t reach out and make the appointment today, know that this person is available when you want to take your personal development to the next level.

“You fake smile at others when you don’t want to because you know your feelings aren’t important to other people.”

# DAY 17: FAKE SMILES

## Journaling

- How does it make you feel when people offer fake, surface-level smiles as you walk past them?
- How aware are you when you put on a socially appropriate face even when you aren’t feeling well?
- Do you find it to be helpful or fulfilling to be inauthentic?

## Goal Setting

- Set one goal for balancing a professional identity with your personal authenticity.
- Challenge yourself to avoid acting in ways that are incongruent with how you feel today.
- Write a quick note about what it’s like to not follow social scripts.

“You hate the way your body looks and your emotional pain is directly related to your fear of death.”

# DAY 18: BODY IMAGE

## Journaling

- Where did your body issues come from? What comes to mind when you think about them?
- Do you imagine that your lack of satisfaction with your body is related to death in any way? Why or why not?

## Goal Setting

- Write ten things that you appreciate and value about your body.
- Pick the most meaningful one of those ten things and write it on your mirror and/or repeat it throughout the day. Remember—affirmations without feelings are empty intentions. Feel the self-love!

“You don’t engage in deep conversations because you’re afraid to admit that you have no idea what you’re doing in life.”

# DAY 19: FEAR

## Journaling

- Is it difficult for you to admit that you are less certain about being an “adult” than you imagined you would be at your current age? Why or why not?
- How can you develop more meaningful relationships and deeper conversations?

## Goal Setting

- Write a letter to yourself 5 years from now. Explain what you understand about life and its complexities.
- Write down a few things you’d like to learn more about in the future, and what knowledge you are confident in right now.
- Save it, hide it, and read it in 5 years.

“You pretend that you know the “right way” of doing things but you fear that you’ll die and discover that you got it all wrong.”

## DAY 20: FALSE BRAVADO

### Journaling

- Are you able to comprehend the fact that each person is entitled to their perception of reality and that no one perspective is entirely correct or incorrect? Why or why not?
- Do you fear that you might be missing out on important parts of your current lifetime?
- What are some of the things you want to do before you die?

### Goal Setting

- Schedule a time to volunteer at an organization that serves a population different from your own identity (race, gender, sexual identity, and/or socioeconomic status).
- List five goals you would like to focus on as a way to move towards your values in the short and uncertain amount of time you have left.

“It’s time to practice what you preach, follow your intuition, and stay engaged with self-development.”

## DAY 21: NEXT STEPS

Thank you for taking **20 days** to challenge yourself in ways that most people avoid. I trust that you’ve learned a lot about who you are as a person and professional.

Now that you’ve created a foundation for future growth, you’re ready to master your time and reveal to the world your authentic self.

**Contact me if you want to take your self-development to the next level!**

[Get In Touch](#)