

*YOUR  
AUTHENTIC  
SELF*

*let it #justshine*

A WORKBOOK TO UNLEASH YOUR POTENTIAL  
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# BEFORE YOU READ THIS WORKBOOK

## YOU. HEY YOU.

Hi there. Glad I got your attention. I need to say something before we get into this workbook.

I know from personal experience that the guidance I will be presenting to you 100% without a doubt works. If you follow all my instructions, you will be well on your way to building a new way of being, but be forewarned: it isn't easy.

Believe it or not, even if you aren't currently satisfied with your current expression of yourself, it is actually way easier to keep your habits and current way of being, even if that means living a life of low confidence. Most people won't undertake the deeper inner work needed to understand and face your demons because it requires incredible amounts of self-discipline, courage, and self-love. It's uncomfortable, it moves you outside your comfort zone, and if you aren't used to living on the edge, it can be DANG SCARY OUT THERE.

But here is the deal.

In order to build real self confidence, a confidence that is based upon who you are and not what you do, you have to have a burning desire for confidence that outweighs a desire to be comfortable. You have to stir yourself up and confront the parts of yourself that you likely have been at war with. It is often the opposite of easy or fun to confront your habits, behaviors, and beliefs that keep you stuck, and this is usually where people quit.

But you aren't just anybody. You are reading this and participating in this workshop because deep down, you know there is more to yourself, more to your potential, and more of you to express in this world, and you are willing to do the work to uncover that magical, powerful part of yourself. You must have courage, persistence, fortitude, and commit to yourself that you are worth the work.

*Btw: you are the most important person  
that you will ever keep a promise to.*

As you can probably tell, this isn't going to be fluffy, feel good self care. What I will be presenting to you is the real deal, and it took me years to figure this shit out.

Only proceed if you are willing to do WHATEVER IT TAKES to climb out of your rut and live the life you were meant to live.

I will go so FAR as to say don't read one more word unless you are willing to make this commitment to yourself. In fact, here is a pledge that you should definitely sign before you go any further:

I, \_\_\_\_\_, of sound mind and body, am over not believing in my self. I hereby commit to myself that I will have an open mind and a willingness to change. I will practice curiosity, and I will lay aside preconceived notions and be willing to look at my life with fresh eyes. I am willing to own my behaviors, and consciously let go of the things that are holding my confidence at bay. I intend to invest in myself by doing the work laid out in this workbook, even when I don't want to. I will not stop until I recognize and embrace the confidence that is mine by fact that I am a precious human being that is beyond infinite worth.

Signed \_\_\_\_\_ Date \_\_\_\_\_

If you have signed this contract, then you have taken the first step! We all know that the journey of a thousand miles starts with the first step, right?

I can imagine that you are incredulous that signing this silly contract will make any difference but I assure you, it does, and it has, and things on a quantum level are already re-organizing themselves to support your new intention, so again - a hearty congratulations is in order any time a person makes a decision to improve her (or his) life.



Welcome to the adventure. It's a fun journey, and I am glad you are here.

*you are your  
most important  
asset. invest  
accordingly*

**- DR. SARAH WOOTEN**

# TRUTH #1:



**EVEN IF YOU DON'T FEEL IT, YOU ALREADY POSSESS ALL THE \_\_\_\_\_ YOU WILL EVER NEED. THE PROBLEM IS THAT MOST OF US HAVE BEEN CONDITIONED BY OUR \_\_\_\_\_ SINCE BEFORE WE COULD TALK TO \_\_\_\_\_ .**



We are born to win, and then almost immediately conditioned to lose. If you are like most people, from the moment you were born, you have been conditioned with negative words. Starting in childhood, conditioning is a gradual, yet relentless and consistent stream of 'no, stop, you can't'. The average 4th grader has heard 'no you can't do that' over 70 thousand times!

**YOUR PARENTS MEANT WELL, BUT IF YOU ARE LIKE MOST PEOPLE, THEN YOU WERE UNCONSCIOUSLY SABOTAGED BY YOUR CAREGIVERS OR OTHER FORMATIVE AUTHORITY FIGURES TO NOT BELIEVE IN YOURSELF OR YOUR ABILITIES.**

# TRUTH #2:

If you are to discover, feel, and own your own innate self confidence, then there is likely one or more \_\_\_\_\_ that you will have to identify and let go of in order to let your self confidence emerge and grow. When noticing these habits, it is important to bring \_\_\_\_\_. Understand you did what you needed to \_\_\_\_\_, you didn't know that you were self-sabotaging, and now that you know, you can create new habits that will help you \_\_\_\_\_.

# 4 UNCONSCIOUS HABITS TO STOP DOING NOW

## HABIT #1: \_\_\_\_\_



According to the Earned Dogmatism Hypothesis, a hypothesis supported in a series of 6 experiments and published in 2015 in the Journal of Experimental Social Psychology, it is socially accepted for the people accredited as “experts” to adopt more close-minded views.

Here’s the hard question: Who is to say that the way you originally learned something is the best way? What if you simply learned one way of doing things, not the way of doing things? If we don’t open our minds to new ideas and new ways of doing things, we become slaves to our old beliefs without even realizing it. Our preconceived notions keep us from learning new habits that support self confidence.

**The antidote to the expert mind is \_\_\_\_\_.** **One way I can cultivate this is by \_\_\_\_\_.** **In daily practice, this looks like \_\_\_\_\_.** **How fun!**

# HABIT #2: \_\_\_\_\_

## Journal Questions

What is one area that I feel like I consistently compare myself and find myself lacking?

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When was the last time I compared myself negatively to another person?

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What am I seeing in this person that is inspiring me or that I admire?

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What is that telling me about myself and what I desire?

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Action Step:

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Completed By: \_\_\_\_\_

Date: \_\_\_\_\_



Comparison creates disconnection and contraction, which creates fear, negative self talk and stops you from connecting with your innate confidence. When you reach out to the other, you are committing an act of self-love in accepting yourself, and you are expressing that love to others. Comparison is incompatible with confidence. Let go of it immediately, daily, minute by minute, whatever you need to do to reprogram the unconscious habit of comparison into inspiration.

# HABIT #3: \_\_\_\_\_

THEY SAY THAT FEAR OF PUBLIC SPEAKING IS ONE OF TWO OF THE GREATEST FEARS IN HUMANS, THE OTHER ONE BEING FEAR OF DEATH.

## Journal Questions

How does fear of what other people think hold me back?

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How do I change my behaviors to appease other people?

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Here is the truth about fear of what other people think:

- 1 If somebody thinks you are weird you are not going to \_\_\_\_\_.
- 2 Most of the time people are paying \_\_\_\_\_ to you than you think they are.
- 3 \_\_\_\_\_ drives human behavior. If you do ANYTHING out of the ordinary, other humans \_\_\_\_\_. We can't help it.
- 4 Hurt people \_\_\_\_\_.
- 5 Successful people \_\_\_\_\_, and average people don't understand them.

# HABIT #4: \_\_\_\_\_

## Journal Questions

When I was a kid, what happened to me when I made mistakes? How did my caregivers respond?

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How do I feel about making mistakes?

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When I make a mistake, I say things to myself like...

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*We cannot solve our problems  
with the same thinking we  
used when we created them*

**- Albert Einstein**



# 4 UNCONSCIOUS HABITS

1

2

3

4

Choose one habit: \_\_\_\_\_



WHAT DOES LETTING GO OF THIS UNCONSCIOUS HABIT LOOK LIKE?

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WHAT IS YOUR MOTIVATION TO LET IT GO?

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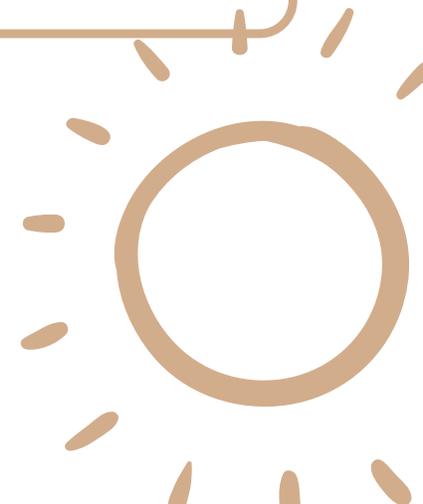
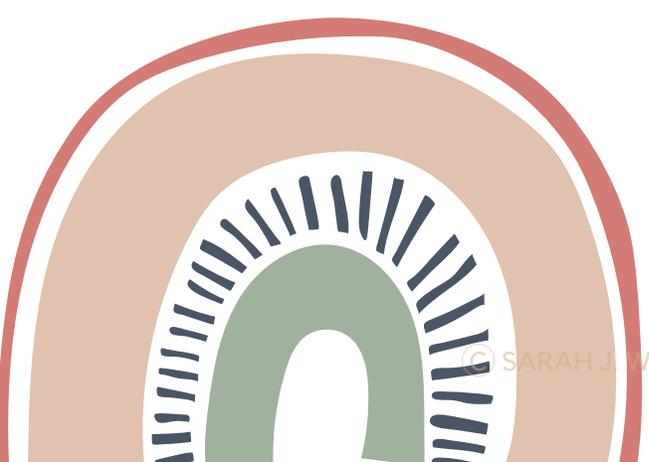
ARE YOU WILLING TO LET IT GO?

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IF SO, HERE IS A STATEMENT FOR YOU TO FILL IN:

TODAY, I CHOOSE TO LET GO OF \_\_\_\_\_ BECAUSE IT NO LONGER SERVES ME. INSTEAD, FROM NOW ON, I WILL \_\_\_\_\_ BECAUSE I DESERVE TO LIVE FROM A PLACE OF SELF CONFIDENCE.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



**YOU ARE YOUR MOST  
VALUABLE ASSET, AND YOUR  
MOST IMPORTANT PROJECT  
YOU WILL EVER WORK ON.  
TAKE YOUR TIME.**

*Make magic*