### Authenticity - Congruency Table

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| **Life Areas** | **My Authentic Self****Who I am** | **Inauthenticity:Unaligned Actions****What I Do** | **Stretch Areas:Authentic Self to Leadership Requirements** |
| PurposeWhat do you sense is your purpose for being on planet earth? |  |  |  |
| ValuesWhat do you value? What does your time, thoughts, energy and money go towards? eg. Freedom, timeliness, power, education, personal development, health etc.  | ***Example:****Peacefulness*  | *Not allowing time for solitude but instead fill my world with noise, activities, events etc.*  | *Managing the current conflict with Peter* |
| Skills and Strengths What are the skills you have learned through life? |  |  |  |
| Gifts and TalentsWhat do you do that seems to be easy, you enjoy and experience very high results in?  |  |  |  |
| WisdomIn what areas do you have experience, knowledge, and good judgement? | . |  |  |
| History – defining momentsWhat are the defining moments in your history? What are the key contributors that have led you to this point? Key people you have met that influenced your life.  |  |  |  |
| History and The PresentWhat have you enjoyed doing that you no longer do or do little of? |  |  |  |
| Core BehavioursDo we tend to be fast or moderately paced? People oriented or task oriented; Detailed or big picture etc?  |  |  |  |
| Personality TraitsWhat are the characteristics and qualities that make you you? eg. introverted, playful etc.  |  |  |  |
| Self ImageHealthy and high; unhealthy and low? |  |  |  |
| Beliefseg. Rich people are greedy  |  |  |  |
| Major Goals eg. Move to Italy; Build a mansion: put my children through private school. |  |  |  |
| Motivations and NeedsLargely linked to your what you value. What motivates you? What needs drive you? |  |  |  |
| Interests and Passionseg. Soccer; dancing; wine etc.  |  |  |  |