### Authenticity - Congruency Table

|  |  |  |  |
| --- | --- | --- | --- |
| **Life Areas** | **My Authentic Self**  **Who I am** | **Inauthenticity: Unaligned Actions**  **What I Do** | **Stretch Areas: Authentic Self to Leadership Requirements** |
| Purpose  What do you sense is your purpose for being on planet earth? |  |  |  |
| Values What 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 Talents What do you do that seems to be easy, you enjoy and experience very high results in? |  |  |  |
| Wisdom In what areas do you have experience, knowledge, and good judgement? | . |  |  |
| History – defining moments What 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 Present  What have you enjoyed doing that you no longer do or do little of? |  |  |  |
| Core Behaviours Do we tend to be fast or moderately paced? People oriented or task oriented; Detailed or big picture etc? |  |  |  |
| Personality Traits What are the characteristics and qualities that make you you? eg. introverted, playful etc. |  |  |  |
| Self Image Healthy and high; unhealthy and low? |  |  |  |
| Beliefs eg. Rich people are greedy |  |  |  |
| Major Goals  eg. Move to Italy; Build a mansion: put my children through private school. |  |  |  |
| Motivations and Needs Largely linked to your what you value. What motivates you? What needs drive you? |  |  |  |
| Interests and Passions eg. Soccer; dancing; wine etc. |  |  |  |