

# Authenticity: An Exploration and Journey

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Keepers of the Flame

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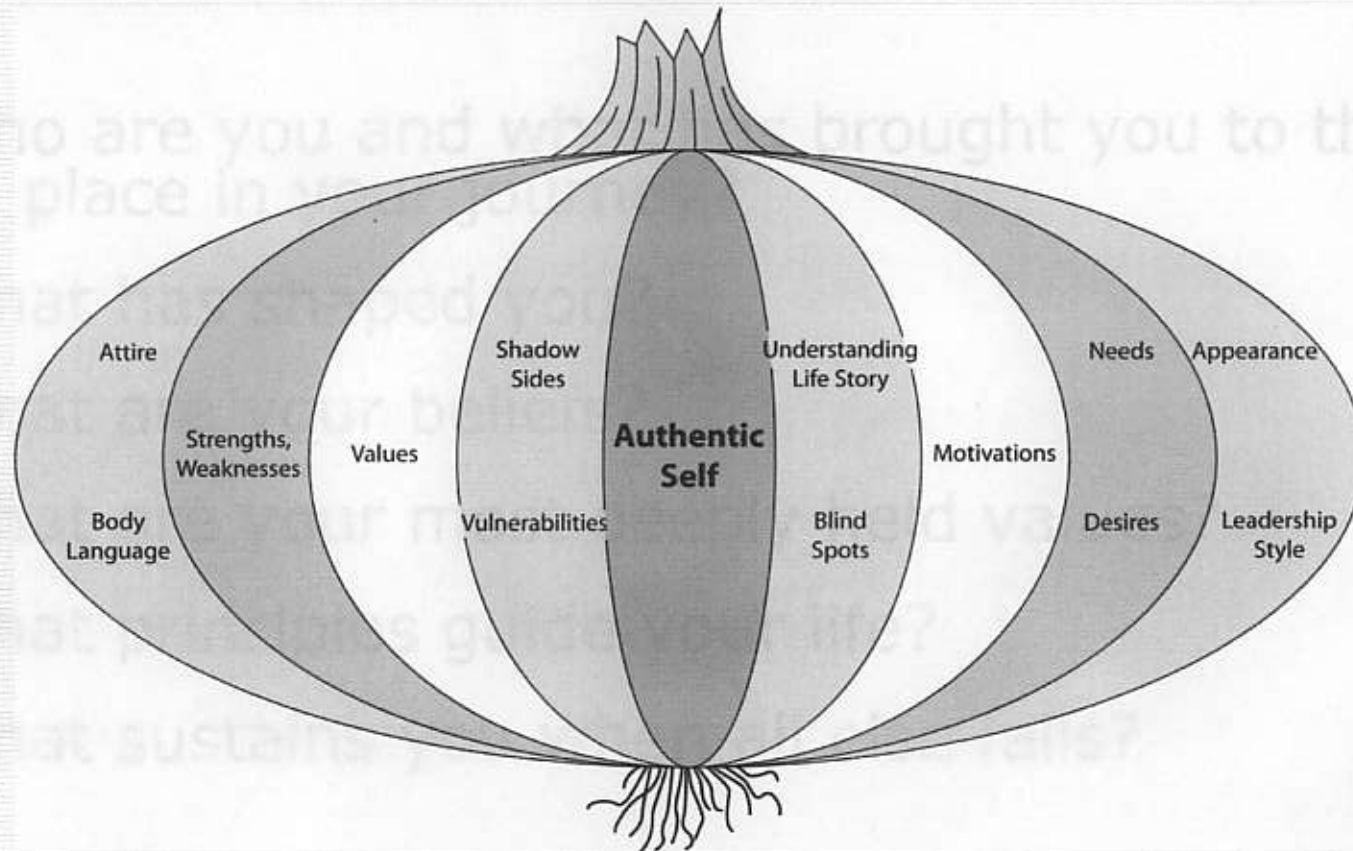
# An Exploration and Journey

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1. What it's not
  2. Self awareness
  3. Our stories
  4. The connection of authenticity to soul
  5. Acceptance
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# Peeling Back the Onion

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# Individual work/Individual stories

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- 1 Who are you and what has brought you to this place in your journey?
  - 2 What has shaped you?
  - 3 What are your beliefs?
  - 4 What are your most deeply held values?
  - 5 What principles guide your life?
  - 6 What sustains you when all else fails?
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