Affirmation		Beliefs	
1	6	1	6
2	7	2	7
3	8	3	8
4	9	4	9
5	10	5	10
Total		Total	

	Performing	Adapting	Authentic
Work			
Friends			
Family			
Relationship			

6 Traits of Inauthentic

Awareness				
Relationships				
Fulfillment				
Vulnerability				
Resilience				
Authenticity				Total

Notes