

The Self-Authorship Starter Kit PREVIEW

Bridge the gap between Values and a fully Self-Authored Life

[GET A COPY OF THE FULL STARTER KIT HERE](#)

Introduction: Why Self-Authorship Matters.....	2
Chapter 1: Your Values, Your Starting Point.....	4
Chapter 2: Creating Decision Rules.....	8
Chapter 3: Belief Audit Map.....	13
Chapter 4: Dissatisfaction-to-Direction Tracker.....	18
Chapter 5: The Power of Small Shifts.....	23
Chapter 6: Daily Anchor Practice.....	28
Chapter 7: The Self-Authorship Check-In.....	32
Chapter 8: Reflection Sheets.....	37
Chapter 9: From Rules to Rhythm.....	40
Chapter 10: Your Self-Authorship Compass.....	44
Conclusion: Keep Choosing.....	48

Introduction: Why Self-Authorship Matters

Self-authorship means taking the pen back.

For too long, many women live by scripts handed to them by family, culture, workplace expectations, or the quiet weight of “should.” Those scripts tell you how to show up, what to sacrifice, and what “success” is supposed to look like.

It’s not rebellion to question those scripts. It’s not selfish to step away from them. Self-authorship isn’t about burning everything down, it’s about reclaiming choice.

Without authorship, life often feels like drift. You find yourself living out roles you never consciously chose. You wake up one day with the job, the commitments, or even the identity that was expected of you — but not authored by you.

With authorship, you create something different:

- Decisions that reflect your values, not just your obligations.
- Daily practices that align with what matters most.
- A steady sense of integrity, because your actions finally match your principles.

This workbook is your first step into that practice. It will not demand a total life overhaul. Instead, it will help you build authorship in small, powerful ways: through rules, reflections, experiments, and anchors that make choosing your life simpler.

Because your life is not meant to be borrowed.

It’s meant to be authored — by you.

A Note Before You Begin

This workbook is designed as your **first step into self-authorship**. It assumes you already know your 3–5 core values, whether through our free ebook, the *Values Finder Toolkit*, or your own reflection work.

If you have not yet clarified your values, pause here and begin with the **Values-Led Life Bundle**. It will help you define your values clearly and consistently so the work you do here rests on a solid foundation.

If you do know your values, even if they feel underused in your daily life, you're ready.

This Starter Kit will help you **move from awareness into action**.

Your values are your compass. This workbook is how you learn to steer with them.

 [**Choose the Self Authorship Starter Kit**](#)

Bridge the gap between Values and a fully Self-Authored Life

ALSO AVAILABLE...

Define & Live Your Values Bundle

[Get access to the complete bundle here](#)

Your complete foundation for living aligned, intentional, and confident.

Inside this bundle you will find three powerful tools that build on each other, from discovering your values to practicing them daily, and finally anchoring them in a personal mission statement.

1. The Values Finder Toolkit

What it does: Helps you discover and define your true values, then begin to live by them.

What's inside:

- Peak & Pit exercises to reveal what really matters.
- Everyday clues and narrowing tools to identify your 3–5 core values.
- Reflection prompts and printables, including decision filters and a 7-day experiment.

The shift you'll feel: From “I don't know what my values are” → to “I have a clear compass I can use every day.”

Why it matters: This is the foundation. You'll go from fuzzy and abstract to clear and defined.

2. Living Your Values in Daily Decisions (Mini-Guide)

What it does: Moves you from clarity into real-world practice. This is about using your values in the moment of choice.

What's inside:

- Common decision traps (urgency, peacekeeping, external expectations) and how to avoid them.
- Everyday scenarios with guided examples for work, relationships, and time.
- Scripts for saying yes and no without guilt.
- A 7-day decision challenge to put everything into practice.

The shift you'll feel: From "I know my values" → to "I can confidently use them to make decisions at work, in relationships, and with my time."

Why it matters: This is the practical companion. It helps you apply your values when life gets noisy and pressure is high.

3. Design Your Personal Mission Statement (Workbook)

What it does: Anchors your values into one guiding line — your personal north star.

What's inside:

- Step-by-step guidance for drafting a mission statement.
- Four style options (role-based, story-driven, principle-centered, metaphor-based).

- Prompts for testing, refining, and simplifying until it feels natural.
- A one-page Mission Map you can pin, save, or carry with you.

The shift you'll feel: From "I live my values day-to-day" → to "I have a clear mission that keeps me focused when life gets noisy."

Why it matters: This is the capstone. It ties together clarity (Toolkit) and practice (Mini-Guide) into a single statement of purpose you can return to again and again.

Why These Three Belong Together

On their own, each tool is valuable. But together, they form a complete system:

- **Toolkit = clarity** (discover and define)
- **Mini-Guide = practice** (apply and act)
- **Mission Statement = anchor** (direct and sustain)

With this bundle, you won't just *know* your values you'll live them with clarity, confidence, and direction.

 **[Choose the Define & Live Your Values Bundle today.](#)**

Step into MORE: clarity in your choices, confidence in your voice, and direction that feels truly yours.

Chapter 1: Your Values, Your Starting Point

Every authored life begins with values. Not borrowed ideals. Not “shoulds.” Not cultural scripts. Your values are the raw material, the ink and paper of your self-authored story. You may already have a sense of your values from the *Values Finder Toolkit* or from reflecting on your daily decisions. But here is where the shift happens:

- In the values work, you learned **what matters most**.
- In authorship work, you will use those values to decide **what belongs in your life story and what does not**.

Without this foundation, authorship can slip into rebellion (“I’ll just do the opposite of what I was told”) or vague aspiration (“I want to be happy, free, and fulfilled”). Both miss the mark. Real authorship requires clarity.

Think of values as your compass. Self-authorship is using that compass to chart the map.

Why Values Are Your Starting Point

Values answer questions like:

- *What am I unwilling to compromise?*
- *What makes my choices feel aligned, even if others don’t agree?*
- *What steady ground do I stand on when life shifts?*

When you know your values, authorship stops being about proving yourself or chasing validation. It becomes about **choosing with integrity**.

Everyday Examples

- **Work:** If *growth* is a value, you might choose a stretch project even if it scares you. If *family* is a value, you might decline that same project to protect evenings at home. Neither is “right” or “wrong” but only one will feel authored by *you*.
- **Relationships:** If *honesty* is a value, silence in conflict leaves you restless. If *peace* is a value, speaking gently matters more than winning an argument.
- **Time:** If *freedom* is a value, overpacked schedules feel like cages. If *service* is a value, you gladly commit time where it helps others.

The point is not what you choose, but **that you choose from your values not from fear, habit, or expectation**.

Exercise 1A – Core Values Recap

On the next page, you will find a **Core Values Recap Sheet**. Take 5 minutes to circle or write down the 3–5 values you identified in your earlier work.

If you are new, use quick prompts instead of long exercises:

- *When did I feel most alive in the last year? What value was honored there?*
- *When did I feel most restless, resentful, or drained? What value was ignored there?*

Keep it simple. Choose 3–5 values that feel non-negotiable to you right now.

Why This Matters

Values alone are not authorship. They are the foundation. Without them, you risk writing a life that looks successful but feels hollow. With them, you begin to write a life that feels **yours**.

This is the ground we will build on. In the next chapter, you will transform these values into **decision rules**, simple, powerful non-negotiables that act like railings along your chosen path.

Exercise 1B - The Integrity Test

Take each value and ask:

- *If I gave this up, would my life feel wrong?*
- *If I lived this fully, what would shift in my choices this month?*

Write one short answer under each value on your recap sheet.

Reflection Prompts

- Which of these values feels like it has been quietly guiding me for years?
- Which one feels most at risk of being ignored in my current season?

How would my life look different if every major decision honored these values?

 **Choose the Define & Live Your Values Bundle today.**

Step into MORE: clarity in your choices, confidence in your voice, and direction that feels truly yours.