**Authentic Photo Activity**

Find a photo of you in your most authentic, happy state – no filters, no edits, just you as you are. Save the photo to an accessible place, set as your phone background, post on your fridge, paste into this workbook, or have it anywhere readily available. Take the time to study this picture and consider the setting, other people, activities, etc. in the picture.

Why did you choose this photo?

What makes this version of you authentic?

Have you lost sense of this person? If so, where did they go?

How can you practice finding this person again?