



The Ten Commitments of Authenticity@Work

As an Authenticity@Work Advocate, I know that choosing authenticity begins with me. I am committed to the following ten practices of authenticity.

- I commit to a daily practice of connecting within to be centered in my authentic self.
- I commit to express my point of view and also listen with open curiosity to others' point of view.
- I commit to returning to my most inspired self when I find myself disengaged.
- I commit to choosing who I am BEING as I make decisions.
- I commit to letting go of judgments I make of myself and others.
- I commit to creating a culture of openness where diverse points of view are heard and debated.
- I commit to recognizing others who display courage in expressing their authenticity.
- I commit to letting my values and sense of purpose guide me rather than my fears and insecurities.
- I commit to working toward a culture which recognizes the unique strengths and contributions of team members.
- I commit to spreading the message of authenticity within my organization or spheres of influence

Name

Organization

Date

For more information www.transformleaders.tv. Additional resources: <http://www.transformleaders.tv/resources>