

Autonomy Worksheet: Live Life By Your Own Rules

1. Define Your Autonomous Self

Reflect on these prompts to clarify who you are and what drives your independent decision-making.

- What does “living life on your own terms” mean to me?
- When have I felt most *alive*, independent, and free?
- What rules have I unconsciously inherited that I no longer wish to follow?

2. Core Values Alignment

Autonomy is built on acting from your inner compass — your values.

Value	Why It Matters To Me	How I Can Live It Daily
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3. Boundaries as Acts of Autonomy

Use these questions to examine how your boundaries support your self-governance.

- What are three boundaries I need to set to protect my energy and self-expression?
- When have I said “yes” when I meant “no”? What motivated that response?
- Where in my life do I need to reclaim control?

4. Autonomy in Action

Practice ownership through small and large decisions.

Micro-Actions You Can Take Today

- Choose a meal based on *your* taste, not convenience or family expectation.
- Say “no” where you usually say “maybe.”
- Set aside one hour for a personal goal, uninterrupted.

Macro-Actions for Ongoing Empowerment

- Enroll in a class that supports a personal passion.

- Initiate an honest conversation that reflects your truth.
- Reflect on career choices through your lens, not societal measures of success.

5. Red Flags & Reframes

Spot internalized beliefs or habits that erode autonomy — and reframe them.

Red Flag Belief	Reframe Statement
I must meet others' expectations	I'm responsible for honoring my own values first
Avoid discomfort at all costs	Growth lives at the edge of discomfort
If I disagree, I'll be rejected	Honest disagreement builds authentic connection

6. Self-Authorship Journal Prompt

Take 15–20 minutes to respond freely.

“If I were the author of my life, this chapter would be about...”

- Who am I becoming?
- What decisions will I own fully?
- What legacy am I writing now?

Integrate & Reflect

Review this worksheet weekly for alignment. Ask yourself:

- Am I making choices that reflect my truth?
- Where have I shifted from passive living to active authorship?
- What am I proud to have claimed responsibility for?