

A JOURNEY OF (re)CONNECTION

Eight Days to Authenticity



*When you are authentic to who you are,
you are gifted with an authentic world.*

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INTEGRATIVE COACH · AUTHOR · SPEAKER

TRANSFORMATIONAL LIFE GUIDANCE

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HELLO AND WELCOME TO

Eight Days to Authenticity

This program was first offered on January 20th, 2019, to coincide with the total lunar eclipse visible across the Americas. People were already looking up that night, and attention is where this kind of work begins.

An eclipse is an occasion rather than a mechanism. It marks a threshold, and thresholds invite the two movements these eight days ask of you: setting down what no longer fits, and renewing what does.

So you do not need an eclipse. Begin whenever the question surfaces, and return whenever it surfaces again. Used every few months, the sequence tends to go deeper each time, because you bring a different person to it.

Let me know your questions and what you find. You can reach me through the website or on social media. You will find free resources to support you on the way, along with coaching, books, and courses when you want more.



With blessings and gratitude,

Dr. Mark A. Arcuri

Querétaro, México



Change the Radio Station Today

For today, the task is easy. Simply change the radio station on the way to work, school, or wherever you go today. Listen to whatever you choose, as you usually would, nothing beyond that. Just change the station. Later in the day, answer these questions.

- What station did I choose?

- Was there anything surprising about that?

- What did I learn new about myself, or reinforce that I already knew?

DAY TWO 2

Ask Someone You Trust: Who Am I?

A little harder, perhaps, than yesterday. This may leave you feeling vulnerable. But in the name of authenticity it is a great and expansive experience. Pick one person and have a heart to heart. Ask the question, and assure them you will hear their response openly, without judgement and without reaction. Take a few minutes afterwards and answer these questions.

- Whom did I choose to ask, and why?

- What about what I heard surprised me?

- What did I learn about myself from what this person said, or through my own reaction?



If I Could Do One Thing Today Without Fear of Failure

Today's task might be easy. It might not. Either way, what would this one thing be? The hardest part may be picking only one, so sit for a moment and let the one that speaks loudest emerge. Do not consider the feasibility. Only the desire.

- What is the one thing I would do if there were no risk of failure?

- What about this surprised me, or reinforced what I already secretly knew?

- What do I know about myself, given the choice I made when I had to choose one thing?

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Whom Do I Miss the Most?

Again, this might be easy or not. Who is the one person you miss most, given that they are less present in your life than you would like? For any reason at all. Sit for a few minutes and connect. Then answer these questions.

- Whom did I choose, and why?

- What is it about this person that I truly long for?

- Given my responses above, what can I see about myself, either in a new way or through a renewed sense of what I already knew to be true?

What Brings Me the Greatest Joy?

Choose one or two things, no more than three. What, above all, brings you the greatest joy? A person, a place, an experience, a knowing. Anything at all. After a few minutes with your answer, consider these questions and write your responses.

- What did I choose?

- Thinking about my choice, what is the essence of that person, thing, or experience? Or what is the common thread, if more than one?

- In reflection, what do my responses above say about me?

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DAY SIX

If I Could Be, Do, or Have One Thing

Just as with Day Three, choose one thing. You may have to push yourself to narrow it down, but what is it? And as with Day Three, do not consider the feasibility. Only the desire. Sit with your answer for a few minutes, then continue.

- What did I decide is the one thing I want to be, do, or have?

- Thinking about that, what in the end made this and only this the logical choice?

- What surprised me about my choice, or what did it reinforce that I already knew?

What Gets Me Out of Bed in the Morning?

Maybe tough, maybe not. Paycheck aside, if that applies, what truly gets you out of bed in the morning? Then consider these questions.

- What is it that gets me out of bed in the morning? What really motivates me to face the day ahead?

- Most days, am I able to live this? If so, what makes it possible? If not, what interferes?

- What does this motivation say about me? How do I feel about my ability to live into it, or not?

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DAY EIGHT

Bringing Together the Picture of Your Authentic Self

Congratulations. You have seven days behind you, each with its own task on the journey of (re)discovering who you really are. You have seven pages of answers, and today I ask you to review them in a particular way.

Below, copy your answer to the last question from each day. Just the last question. It is fine to flesh out an answer if you find it unclear, but do not change its essence. Leave what you connected with each day intact, without editing it through today's eyes.

DAY ONE

DAY TWO

DAY THREE

DAY FOUR

DAY EIGHT, CONTINUED

DAY FIVE

DAY SIX

DAY SEVEN



Now, taking these responses, rewrite them into a single story with you as the main character. Take your responses from each day and string them together one after the next, without worrying about flow or grammar or whether it reads like a good story. Just string them together.

Remember, you are including only the answers to the last question from each day. Do not be tempted to change their essence.

Then go back once more. Now you may make any edits so the story flows. But again, do not change the essence. Only polish the flow.

The Story of My Authentic Life



To be lived and celebrated to the best of my ability each day forward.

AND FROM HERE

Living Your Authentic Story

Once written, read your story, aloud if you can, and resolve to live into your authentic self today. In any way you can, however small it might seem, and even if it is only a piece of the story.

On waking tomorrow, read your story again, aloud if you can, and renew your commitment for that new day. And each day going forward.

(Re)connecting with who you really are is a process rather than an event. Small steps carry as much weight as large ones, and often more, because they are the ones you can repeat. What matters is the returning.

Let me know your thoughts and what you find.



With blessings and great gratitude,

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