



THE AUTHENTIC LIFE APPROACH

TALA STARTER WORKBOOK

A first look at the life that actually fits.

Notice what helps. Name what drains you.

See the parts you may have learned to perform around.

Choose one small change that feels more true.

FIND YOURSELF * FIND YOUR TRIBE * MAKE YOUR MARK

Michael Vanacore | TALA Tribe



Three questions. One life.

TALA keeps returning to three human questions: Who am I, really? What am I here to do? Who am I with? This workbook starts with the first one, but the answers naturally touch all three.

START WHERE CURIOSITY IS LOUDEST

This is not homework for a grade.

Use fragments. Skip questions that do not fit. Come back when you have energy. Half-finished answers and messy scribbles still count.

YOU DO NOT NEED TO:

- Finish it in one sitting.
- Answer every question perfectly.
- Write essays.

YOU CAN:

- Skip any question that really does not fit.
- Write in bullet points, fragments, or single words.
- Use extra paper or a notes app if you run out of space.



The point is not to finish the workbook.

The point is to notice something true enough to use.



FIND YOURSELF

Why are you here right now?

You are not doing this because everything is fine. Something may simply feel out of sync.

THREE REASONS I AM HERE NOW...

ONE QUIET HOPE I HAVE FOR MYSELF...

PERFORMING ME VS REAL ME

Where do you act so you will be accepted, and how might you act if you felt completely safe?

PERFORMING ME

REAL ME



USER MANUAL FOR ME - DRAFT 1

You should have come with this at birth. We are writing it now.

Do not overthink it. First honest thoughts are enough.

WHEN I AM AT MY BEST, IT IS USUALLY BECAUSE...

I DERAIL WHEN...

I FOCUS BEST WHEN...

I RELAX / RECHARGE BEST WHEN...

I FEEL SAFEST WITH PEOPLE WHO...

NOTICE THE CONDITIONS

Triggers & Soothers Map

Your nervous system is doing something specific. Instead of judging the reaction, notice the conditions around it.

COMMON TRIGGERS

GO-TO SOOTHERS

CIRCLE YOUR TOP 3 TRIGGERS. STAR YOUR TOP 3 SOOTHERS.

WHAT CAN I REDUCE, PREPARE FOR, COMMUNICATE, OR BUILD AROUND?

WHAT SUPPORT COULD I MAKE EASIER TO REACH BEFORE I NEED IT?

These are "handle with care" notes for your system.

Purpose can be adaptive, not permanent.

Use the visual as a prompt, not a test. Notice which circle or intersection feels loudest right now.



WHAT ACTUALLY MATTERS

Values & strengths are design information.

Not what you have been told should matter. What actually does.

VALUES THAT FEEL IMPORTANT OR LIKE ME:

- Freedom
- Security
- Creativity
- Honesty
- Kindness
- Fun / Play
- Learning / Growth
- Stability
- Adventure
- Justice / Fairness
- Connection
- Independence
- Service / Helping
- Achievement
- Authenticity
- Calm / Peace

MY TOP 5 VALUES...

PEOPLE OFTEN COME TO ME FOR...

THREE STRENGTHS I AM WILLING TO CLAIM FOR NOW...

Needs, non-negotiables & dealbreakers

This is where you stop pretending your needs are optional. These are not demands. They are facts about how you work.

IN DAILY LIFE, I NEED...

IN WORK OR STUDY, I CANNOT FUNCTION WELL WITHOUT...

IN RELATIONSHIPS, I CANNOT FUNCTION WELL WITHOUT...

IN WORK / ENVIRONMENTS, I CANNOT...

IN RELATIONSHIPS, I CANNOT...

Take a step to a goal - make it smaller, easier.

Big goals are reached one small step at a time. The best next step is the one small enough to happen in real life.



THE THING I WANT TO MOVE TOWARD:

BIG GOAL / IDEA

NEXT SMALL STEP

If it still feels too big, shrink it again.

A step that only works on your best day is not much of a system. Keep shrinking until you find the version your

What's your current idea? (It's probably still too big.)



1. Shrink it once.



3. Shrink it a third time — what's the hard-day version?

The Authentic Life Approach

MY CURRENT IDEA / STEP...

SHRINK IT ONCE...

SHRINK IT AGAIN - WHAT IS THE HARD-DAY VERSION?

PULL THE PIECES TOGETHER

My working Blueprint - Draft 1

It does not have to be neat or finished. It just has to feel more true than the mask.

MY CORE VALUES (3)

MY TOP STRENGTHS (3-5)

MY KEY NEEDS / NON-NEGOTIABLES

MY TOP TRIGGERS / SOOTHERS

WHEN I AM AT MY BEST...

I STRUGGLE WHEN...



Quick reflection

To close for now, answer three things:

1. WHAT SURPRISED ME ABOUT WHAT I WROTE?

2. WHAT AM I TIRED OF PRETENDING I CAN TOLERATE?

3. WHAT IS ONE TINY CHANGE I WANT TO MAKE IN THE NEXT MONTH?

Stop asking: What's wrong with me?

Start asking: What works for me - and how do I build more of that into my life?