

# YOU

AUTHENTICALLY

EXPERIENCE YOUR TRUTH

THE 7 PILLARS TO RETURN TO TRUTH



This book is dedicated to my three 1<sup>st</sup> born sons;  
my living mirrors, my teachers, my becoming.

You have watched me choose truth in real time. You  
have seen me evolve, unlearn, fall apart, and rebuild.

My commitment to authenticity has never been about  
perfection; it has been about showing you that you are  
allowed to be fully yourselves without apology, without  
performance, without shrinking.

May my willingness to live out loud be permission for  
you to trust your inner voice, honor your emotional  
truth, and stand confidently in who you are; especially  
when the world asks you to be something else.

And to my father, who never required me to be  
palatable, smaller, or quieter, thank you for allowing me  
to be me before I knew how powerful that permission  
truly was.

This work exists because of that freedom.



# CONTENTS.

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- 3 Hello.
- 4 Introduction: Why Authenticity Matters
- 5 The 7 Pillars to Return to Truth
- 7 1<sup>st</sup> Pillar: Self-Awareness-Meeting Yourself
- 9 2<sup>nd</sup> Pillar: Emotional Integrity
- 11 3<sup>rd</sup> Pillar: Authentic Expression
- 13 4<sup>th</sup> Pillar: Unlearning
- 15 5<sup>th</sup> Pillar: Alignment
- 17 6<sup>th</sup> Pillar: Vulnerability & Acceptance
- 19 7<sup>th</sup> Pillar: Sustainability
- 21 Daily Ritual for Authenticity's
- 23 Final Blessing
- 25 Invitation to Continue the Journey



# HELLO.

***I'm Shibbon Winelle...*** a guide, creator, and student of truth. This book was born from years of unlearning who I was told to be and remembering who I've always been. Through lived experience, deep reflection, and intentional self-inquiry, I've come to understand that authenticity isn't a personality trait; it's a lifelong practice.

***Authentically You*** is not about perfection or performance. It's about presence. It's an invitation to pause, to tell yourself the truth gently, and to return to alignment with what feels real in your body, your emotions, and your spirit. Everything inside these pages is offered with reverence, honesty, and the belief that your truth is worthy of being experienced... fully and without apology.

 Shibbon Winelle



## INTRODUCTION: WHY AUTHENTICITY MATTERS

There is a version of you that exists beneath the masks.  
The performer.  
The people-pleaser.  
The strong one.  
The quiet one.  
The one who learned to adapt to survive.

But the truth is this:

You were never meant to shrink to fit into a world you  
are born to influence.  
You were meant to live from your truth; your voice,  
your desires, your boundaries, your essence.

Authenticity isn't a performance.  
It's a return.....

back to the Self that always existed beneath the noise.

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This e-book is a gentle but powerful 7 pillar journey  
into the most important relationship of your life:  
the relationship you have with YOU.

# THE 7 PILLARS TO RETURN TO TRUTH

Your authentic self is built on seven foundations of truth

## RETURN TO YOU!



# THE 7 PILLARS

Authenticity is not a personality trait—it is a practice. These seven foundations are not steps you complete once and move on from; they are living principles that deepen as you do. Each one asks you to tell the truth first to yourself, then to your life. Together, they dismantle performance, unlearn survival patterns, and return you to your natural state of alignment, power, and peace. When practiced intentionally, these pillars become the framework that supports a life lived honestly, sustainably, and on purpose.

1. Self-Awareness: Seeing yourself clearly
2. Emotional Integrity: Honoring your emotional truth
3. Authentic Expression: Speaking your truth without fear
4. Unlearning: Releasing what no longer fits you
5. Alignment: Living a life that matches who you are
6. Vulnerability & Acceptance: Embracing your wholeness
7. Sustainability: Making authenticity a lifestyle

Each pillar works together to help you live from your truth; daily, deeply...completely.

# 1ST PILLAR

SELF-AWARENESS... MEETING YOURSELF



Self-awareness is the doorway to authenticity. You cannot live in your truth if you do not know your truth.

## Ask yourself:

- Who am I beneath the expectations?
- What do I feel right now?
- What do I truly desire?
- What patterns am I repeating and why?

## Practice: Inner Landscape Mapping

Write down:

- What you're feeling
- What you're wanting
- What you're fearing
- What you're avoiding
- What you're ready for

1ST PILLAR  
SELF-AWARENESS... MEETING YOURSELF



Reflection Question:

WHAT TRUTH ABOUT MYSELF  
HAVE I BEEN AVOIDING?

## 2ND PILLAR

EMOTIONAL INTEGRITY... A HEART OF GOLD



FEEL IT



NAME IT



HONOR IT



TRUST IT

Emotional integrity means honoring what you feel without shaming yourself for it.

Your emotions are not "too much."  
They are messages, guides, signals.

Ignoring your emotions leads to self-betrayal.  
Honoring them builds inner trust.

### **Practice: The Emotional Truth Audit**

Identify 3 moments you hid your genuine feelings.  
Rewrite what your true emotion was in each moment.

2ND PILLAR  
EMOTIONAL INTEGRITY... A HEART OF GOLD



Reflection Question:

WHAT EMOTION DO I NEED  
TO HONOR TODAY?

# 3RD PILLAR

AUTHENTIC EXPRESSION... SPEAK YOUR TRUTH



Your voice is your power.  
Your truth deserves sound.  
Expression is how you reclaim yourself.

## **Authentic expression requires:**

- Clarity
- Confidence
- Clean boundaries
- Emotional honesty

## **Practice: One Truth Spoken**

Speak ONE truth today... gently, clearly, lovingly.  
Start small.  
Start with yourself if needed

# 3RD PILLAR

AUTHENTIC EXPRESSION... SPEAK YOUR TRUTH



Reflection Question:

WHAT TRUTH ABOUT MYSELF  
HAVE I BEEN AVOIDING?

# 4TH PILLAR

UNLEARNING... RELEASE THE MASK



QUESTION IT



RELEASE IT



RECLAIM YOURSELF



BEGIN AGAIN



So much of who you think you “should” be... is programming.

Unlearning is liberation.  
It is releasing:

- Old identities
- Limiting beliefs
- Survival patterns
- Inherited expectations

## Practice: The Release Ritual

Identify:

1 belief that came from someone else

1 pattern that no longer serves you

Write each one on paper.

Tear it, burn it, or release it symbolically.

4TH PILLAR  
UNLEARNING... RELEASE THE MASK



Reflection Question:

WHAT BELIEF AM I WILLING  
TO UNLEARN?

# 5TH PILLAR

## ALIGNMENT... RETURN TO CENTER



Alignment is choosing YOU.  
It is living in a way that matches who you are becoming... not who you were trained to be.

### **When you're aligned:**

- Your decisions feel clean
- Your boundaries feel natural
- Your actions reflect your truth

### **Practice: The Alignment Map**

Choose one area:

- Love
- Lifestyle
- Work
- Health

List what is aligned and what is not.  
Decide one small aligned action you can take today.

5TH PILLAR  
ALIGNMENT... RETURN TO CENTER



Reflection Question:

WHAT DECISION WOULD THE  
ALIGNED VERSION OF ME  
MAKE TODAY?

## 6TH PILLAR

VULNERABILITY & ACCEPTANCE... STANDING UNGUARDED



Vulnerability is not weakness... it is self-permission.

It is giving yourself the grace to be human, tender, imperfect, whole.

Acceptance is how you bring all parts of you home:  
the healed and the hurting...  
the strong and the soft.

### **Practice: Heart-Open Moment**

Share something honest with someone safe; or write it to yourself.

# 6TH PILLAR

VULNERABILITY & ACCEPTANCE. STANDING UNGUARDED



Reflection Question:

WHAT PART OF ME DESERVES  
COMPASSION RIGHT NOW?

# 7TH PILLAR

SUSTAINABILITY... LIVING IN TRUTH



Authenticity is not a moment... it is a lifestyle.  
A daily choice.  
A devotion.

You must build habits that support the person you  
want to be.

## **Practice: The Sustainability Blueprint**

Create a weekly ritual that includes:

- Emotional check-ins
- Alignment audits
- Boundary decisions
- Self-care commitments
- One truth statement
- One gratitude statement

7TH PILLAR  
SUSTAINABILITY... LIVING IN TRUTH



Reflection Question:

HOW WILL I HONOR MY  
AUTHENTICITY MOVING  
FORWARD?

# **D**AILY RITUAL FOR AUTHENTIC LIVING

Every morning ask yourself:

**“What is true for me today?”**

Every evening ask:

**“Did I abandon myself or honor myself today?”**

THIS ONE RITUAL WILL CHANGE YOUR LIFE.



# F INAL BLESSING

Every morning ask yourself:

**“What is true for me today?”**

Every evening ask:

**“Did I abandon myself or honor myself today?”**

THIS ONE RITUAL WILL CHANGE YOUR LIFE.



If this e-book supported you, imagine what happens when you go deeper.

Sign up for the Authentically You Workshop and be sure to sign up and join the waitlist for the Authentically You Masterclass, where we explore each pillar through:

- Ritual
- Practice
- Embodiment
- Emotional truth
- Real-time breakthroughs

Your journey back to yourself is just beginning.

Let's walk it together.



