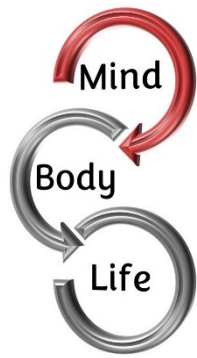


The Total Coach – Are you your authentic Self?

Being your ***authentic self*** is one of the most essential things you can do to lead a happy and fulfilling life.

It is so important you are the “real you” around family, friends and colleagues.





The Total Tips to being your 'Authentic Self'

Values

Recognise your values: It's essential to understand your core values and beliefs to stay authentic. Once you know what's important to you, so make decisions that align with your values

Stay unique

Embrace your uniqueness: We all have unique qualities that make us who we are. Instead of trying to fit in or be like someone else, embrace your individuality and celebrate your uniqueness

Practice self care

Taking care of yourself is crucial to staying true to your authentic self. Make time for self-care activities that help you feel centred, grounded, and connected to your inner self (see *The Total Mindfulness guide for more info*)

Trust your heart

Speak from the heart: Be honest and speak your truth, even if it's not what others want to hear. It's better to be authentic than to sacrifice your true self to please others

Set boundaries

Protect your authentic self by setting boundaries that respect your values and needs. Learn to say no to things that don't align with your authentic self

Choose your support team

Surround yourself with supportive people: Seek out relationships with people who value and respect YOU. Surrounding yourself with people who bring out the best in you can help you stay true to yourself