

Crown Guidance

stop performing, start becoming

Authenticity

"The world doesn't need another version of someone else - it needs the real you."

- Marisa DeVicaris

Authenticity is choosing to show up as yourself, even when it feels easier to hide behind filters, trends, or other people's expectations. It's not about being perfect - it's about being real. When you're authentic, you give others permission to do the same, and that's where true connection begins.

Picture this: you're about to post a picture, and you're tempted to pick the one that looks flawless - even if it's not how you really felt in the moment? Maybe you weren't excited to be out that night. Maybe you hated the outfit but wore it because your friends wanted to match. Authenticity is choosing the pic (or not posting at all) that feels real to you - not just what you think everyone else wants to see.

Ask yourself:

- What does "being real" look like for you?
- Write down one place where you've been performing instead of showing up as yourself.
- What would change if you let that performance go?

These are the kinds of questions that spark real conversations - the kind that make you think about what truly matters, where your energy goes, and how to protect your peace.

Your Crown Reminder: Authenticity isn't found in likes; it's found in how you feel about you.