



THE DYNAMICS OF DISCOMFORT

Did you know the word August comes from the Latin Augustus, meaning “venerable” or “majestic”? It was a title given to Roman emperors, symbolizing honor and greatness. So if you’re stepping into this month feeling anything but majestic—take heart. ***This too shall pass.***

Those four words have a way of showing up in every season of life, don’t they? Whether it’s sudden change, quiet transitions, or the daily discomfort of trying to be your best self in uncertain times—they remind us that nothing lasts forever. And that includes discomfort.

In July, we explored overwhelm. This August, we’re inviting a new guest to the table: Discomfort. Not to fight it—but to understand it. To sit with it. To learn from it.

Tune into my podcast – **5 Minutes of Authenticity** is available on [Amazon Music](#), [Spotify](#), [Apple Podcasts](#), and more.

This month’s episodes include:

- [Hello Discomfort! My Old Friend](#)
- [The Rock in the Shoe](#)
- Sit With It
- The Truth Behind the Cringe

✨ And there’s more! I’m thrilled to launch two new offerings this month:

1. A “[Check-In](#)” link on my website with gentle reminders and reflections to keep you grounded and present.
2. [The Online Authenticity Workshop: Authenticity Begins When Fitting In Ends](#)

Pritha Lal

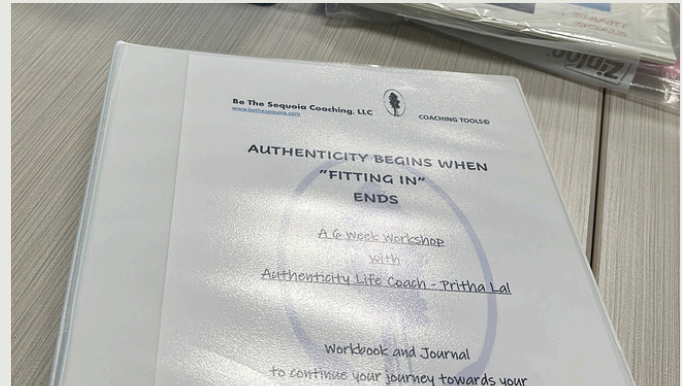


Discomfort
&
Growth are an
inevitable
combination !





THE ONLINE AUTHENTICITY WORKSHOP



A 6-Week Online Workshop to Rediscover Your True Self



Starting this August, I'm offering a weekly Authenticity Workshop on Zoom—an hour each week, for six transformative sessions.

This isn't just another webinar. It's a small-group experience designed to help you reconnect with your authentic self through mindfulness, intention, and meaningful inner work.

👤 What to Expect:

- A safe, supportive space to explore who you are beneath the masks
- Modules that begin with Self-Compassion and end with Goal Setting
- Hands-on exercises rooted in integrity, vulnerability, and joy
- A custom-designed workbook and tools you'll use long after the workshop ends

💬 And yes—this is the kind of Zoom call where you'll want to unmute yourself. You'll leave each session with insights, laughter, and something real to hold onto.

💰 Cost: \$25 per session  When: Once a week, live on Zoom  Includes: Workbook + lifelong tools for authentic living

[Click here to know more about the content of the 6 sessions I offer in this series.](#)

**Register Here :
[Authenticity Begins When Fitting In Ends](#)**



GENTLE REMINDERS FOR AN AUTHENTIC LIFE

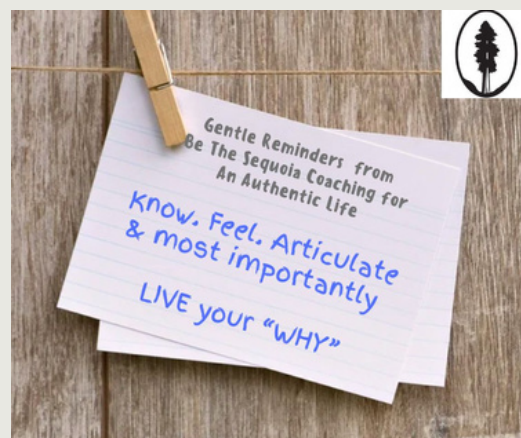


TAP HERE !

FOR

MORE

REMINDERS !



COMING UP IN SEPTEMBER



CHANGE IS INEVITABLE



CHALLENGES ARE ?