



BE THE SEQUOIA COACHING

WELCOME !

I have always wanted to do this, and here we are. **“Being Curious”** is my phrase for 2025, and launching this Monthly Newsletter feels like a step in the right direction!

My vision for this space is straightforward. Given my focus as a Life Coach on **“Authenticity,”** I want these three pages to provide readers with the *“what,” “why,”* and *“how”* of their own self-reflection on their Authentic Self. This process is inward and much like a journey.

My hope is that **The Authenticity GPS** will provide you with relevant navigation tools to make your unique process of discovery truly meaningful.

There will be a theme each month, and the rest will flow from there! Sound like a plan? No prizes for guessing the theme this month... yup! It's **CURIOSITY**

Pritha Lal

THE 3 QUESTIONS !

THE “WHAT”

THE “WHY”

THE “HOW”



GETTING CURIOUS ON CURIOSITY

Many of us have grown up with the old saying, "*curiosity killed the cat.*" Yet, throughout our lives, we've learned that whether we are the cat or the mouse, being curious can yield very healthy rewards.

Had it not been for curious trailblazers in every field of human endeavor, the world wouldn't be where it is today. Healthy, constructive, and non-judgmental curiosity is essential for an enriching life.

As E. E. Cummings eloquently puts it, "*Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.*"



Asking questions dispels myths. Imagine the possibilities if we learned to ask ourselves the right questions. By taking a few moments to explore the unfamiliar, question norms, challenge conventions, or simply wonder "what if," we open doors to new insights and opportunities. Curiosity without judgment is like finding a roadmap to a destination you didn't know existed but can't wait to explore.

You may surprise yourself as you delve deeper into your true self, uncovering another layer on your journey towards authenticity.

Each discovery brings you closer to living a life that genuinely reflects who you are. Trust the process and celebrate the insights you gain along the way.



Curiosity isn't rocket science, nor is it an exclusive acquired skill. Think about it. Who are the most curious? Children. Curiosity, in its most holistic and wholesome sense, comes naturally to a child.

As we progress through the glorified process of adulting, our childlike wonder and curiosity often get replaced by self-imposed layers of bias, perceptions, self-doubt, and other restricting feelings.

Before we know it, we've either put on blinders that block our peripheral vision or resorted to filters that show us only what we want to see.

What if we ventured towards the unknown by doing one thing that would expand our horizons?

A new book, a different genre of music, a discussion on an unfamiliar topic, a completely different TV show—any and all of these could lead us down a “rabbit hole” waiting to be discovered.

What would you choose?

COMING UP
IN FEBRUARY

NORMALIZING
SELF LOVE

FREE INFORMATION
SESSIONS ON
THE AUTHENTICITY
WORKSHOP