



An Authentic April



**BE THE SEQUOIA
COACHING**

Four months into the year, how are you feeling—really feeling? Are you navigating unexpected setbacks, or are you cruising smoothly, feeling on top of your game? Or maybe you've felt all of the above—sometimes all in one day!

The fact is, we are all glorious pilgrims in progress. This month, I invite you to pause with me and take stock. Let's take stock of who we are, where we are, and where we're heading.

Let's reflect on what holds us back and what challenges our Authentic Self. Together, we can explore the *what's* and the *why's*, and maybe even answer a few questions with the *how's*.

You game? Let's do this!

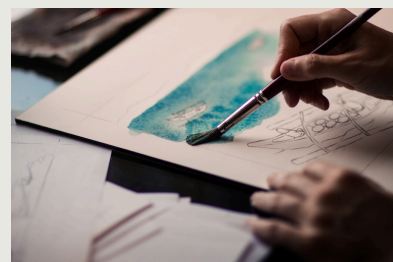
Tune in to my [SwellCast](#) for 4 episodes on different aspects of Authenticity,

Authenticity 101: What It Is and Why It Matters
Under Pressure: When and Why Authenticity Breaks
Why Being Real Feels So Hard
Your Inner Compass: The Journey to Authentic Living

Pritha Lal



Authenticity isn't just a destination - it's freedom.
The struggles to get there? Worth every step.
Journey On!





THE STORY OF THE BARK

Like the magnificent Sequoia trees, our authentic selves have the power to stand resilient against life's challenges. These awe-inspiring giants endure centuries, weathering storms, fires, and the elements, all while remaining steadfast.

Their secret? The outer bark absorbs the trials, protecting the inner core—a core that remains true, strong, and ever-growing.

Several years ago, while wandering through the Sequoia National Forest with my husband and daughter, I felt a profound connection. At the time, I had no idea that one day I would walk this path as an Authenticity Life Coach, yet those trees whispered something timeless to me: the human spirit, much like the Sequoias, can overcome incredible odds and emerge even more magnificent.

As I've reflected on that moment, I've realized how deeply their lessons resonate with the work I do today. Life carves into our outer layers through experiences—some uplifting, others challenging—but these moments refine us, shaping a core that is genuine and enduring.

The Sequoias teach us to rise tall, stay grounded, and stand firmly in our truth.

I felt if in some small way, I could take these lessons and show another human being, the joy and the freedom of living their best authentic self, I too would stand tall next to a Sequoia,

A minuscule fraction of its height but tall nonetheless.





IT'S ALL IN THE JOURNEY

The journey to our authentic self is neither for the fainthearted nor the arrogant. It is a path that humbles and empowers in equal measure—filled with reflection, growth, and moments where we must step back before moving forward again.

Authenticity is not a static state. Just as the core of the Sequoia grows stronger amidst the elements, we as human beings evolve over time. Life shapes us through experiences, both within and beyond our control, and there will be moments when our authenticity is tested. These forks in the road are where real learning and transformation occur.

Within each of us lies a self-regulating mechanism—a compass that, when nurtured, guides us back to our path. Step by step, inward and onward, we rediscover our truth. The beauty of this journey is that it shapes the destination, making it richer, deeper, and uniquely ours. Read about the journeys of some amazing women in my newest blog post – [Authenticity & The Immigrant Woman](#).

COMING UP
IN NEXT
MONTH

“MAY” BE
WE GOT THIS!

SHHH... LET'S NOT AWAKEN
THE IMPOSTER WITHIN US

AN AUTHENTIC APRIL
LISTEN TO SWELL
CASTS HERE