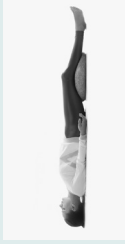



**AUTHENTIC ~S.O.A.K. ~** Sometimes learning penetrates best when we are relaxed and not trying too hard to make it happen. Stress-free Opportunities to Absorb Knowledge Choose what works for you. (Like an "Authentic" bath bomb infused with personalized nutrients)

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Quotes	Music	Statements affirmations	Books poetry stories	Art & More	Videos movies	Movement other ideas
<p>"The purpose of life seems to be to acquaint man with himself." —Ralph Waldo Emerson</p> <p>"My life is an indivisible whole, and all my activities run into one another. . . . My life is my message." —Mahatma Gandhi</p> <p>"I want you to be everything that's you, deep at the center of your being." —Confucius</p> <p>"Our birth is but a sleep and a forgetting: The Soul that rises with us, our life's Star, hath elsewhere its setting and cometh from afar; not in entire forgetfulness, and not in utter nakedness, but trailing clouds of glory do we come from God, who is our home." —William Wordsworth, "Ode on Intimations of Immortality"</p>	<p>"Who You Are" Jessie J</p> <p>"Brave" Sara Bareilles</p> <p>"I Am a Child of God" Naomi Ward Randall &amp; Mildred Tanner Pettit</p> <p>"Who I Am" Jessica Andrews</p> <p>"Place in This World" Michael W. Smith</p> <p>"Try" Colbie Caillat (focusing on being fake perfect physically to make others like us undermines our personal growth because the focus is superficial, not about being connected to our real, internal, authentic self)</p>	<p><b>For coaches:</b> The words I choose to use are truthful and inspire possibility.</p> <p>I have internalized the importance of service and consider it an honor to spend time supporting teachers.</p> <p>The way I spend my professional time aligns with my personal beliefs and goals.</p> <p><b>For teachers:</b> My students can tell the caring I express for them is real.</p> <p>Supporting students to achieve academic and personal success aligns with my core beliefs and purpose.</p>	<p><b>The Velveteen Rabbit</b> Margery Williams</p> <p><b>The Shallows: What the Internet Is Doing to Our Brains</b> Nicholas Carr</p> <p><b>The Emperor's New Clothes</b> Hans Christian Anderson</p> <p>"If" Rudyard Kipling</p> <p><b>The Paradoxical Commandments</b> Kent M. Keith</p> <p><b>"The Boy Who Cried Wolf"</b> Aesop</p>	<p><b>Authentic Works of the Masters:</b></p> <p><b>The Order of Release 1746</b> Sir John Everett Millais, Bt</p> <p><b>More Quotes:</b></p> <p>"Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance." —Brené Brown</p> <p>"In order to love who you are, you cannot hate the experiences that shaped you." —Andrea Dykstra</p>	<p><b>Tall Girl</b> (2019) Netflix</p> <p><b>Beauty and the Beast</b> (1991, 2017) Walt Disney Pictures</p> <p><b>I Have a Dream Speech on Video—Dr. Martin Luther King</b> YouTube</p> <p><b>American Express TV Commercial, "Right Behind You"</b> Many authentic moments are caught in this commercial.</p>	<p><b>Savasana</b></p>  <p><b>Child's Pose</b></p>  <p><b>Oils:</b> bergamot</p> <p><b>Stones:</b> vivianite</p> <p><b>Color:</b> yellow gold</p>

During the finest or worst moments of life, within our authentic selves, there is no place for arrogance or discouragement. Connected to a greater source of light than we can completely internalize or emanate at the moment, we peacefully continue forward on our paths, and the world is brighter because of it.

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