

Authenticity

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Less perfection. More authenticity.”

~ Anonymous

Every human being is a uniquely created being. No one is alike, Not even identical twins. Sadly, we compare our selves a lot to others and feel at times deficient.

This module might feel a bit harder than you anticipate. Please don't be discouraged if some of the questions feel more difficult and you leave some answers initially empty. Please know that your authentic self is just waiting in the corner of your being and with a little bit of patience and ingenuity will happily take center stage again.

Can you think of a flower meadow? Which flower/plant is a good metaphor for you? A sunflower? A daisy? A rose? A...

Write down what characteristics you connect with the flower you picked for yourself. E.g., Strong, vibrant confident for sunflower. Or, delicate, tender, secretive for an orchid.

How do those adjectives make you feel about you?

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There is not a flower or plant that is not awesome in its own way, and the same is true for humans. When we neglect to nourish ourselves we look like a plant struggling for survival. No wonder we get discouraged! A forget-me-not is not a lily and a lily is not a forget-me-not. When we stop trying to be someone else we can start expressing our fullest potential.

What do you need to "nourish" yourself?

E.g., I need to have enough down time, I need a regular phone call with a friend, I love browsing through a book store, need to hit the gym, get a massage,

What kind of messages did you receive that block your delight in yourself today, and who relayed these messages to you?

Message:

ex.

-You are not special.

-You should lose weight.

-You are not smart.

Who said it:

ex.

My sister

Media

Tests I took in school

How do you feel about these messages? Are the people who imparted them truly in charge of you? Who knows you best? What messages do you want to write down that better describe your own truth?

E.g., I am special. Everyone is. All bodies come at different weights. I strive to be happy and healthy in my body. My own intelligence is unique. I see the world through gifts that are mine.

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When you find greater self acceptance you will feel more empowered to start “playing” again. And when you play you feel yourself getting in touch with the joy of you. Remember, everything you do will over time get better. When you start a musical instrument or learn a new language or start a new sport, you will at first most likely struggle. You might never be excellent at it, but there is a good chance that you will improve and find joy.

What are things you’d love to try, but have made excuses not to?

Sometimes, we are afraid to try new things, because we don’t want to be disappointed or are afraid we will give up and be down on ourselves later. One way to help ourselves there is to set realistic expectations. E.g., when you try out a new exercise class start with a beginner class. Introduce yourself to the instructor and tell them it’s your first time. Find a friend who will go with you. Do whatever helps you feel more comfortable. And then, congratulate yourself for the courage it took to try out something new, even if it’s not yet what you want to stay with. Courage counts!

Write down one new thing you’d be willing to try:

Now write down a strategy that will help you make it easier to put this into practice:

The more you try out new things the more you return to things you loved prior, the more you feel joy. Encourage yourself to express your unique sense of self and start enjoying your own bliss. Remember, no one is like you. And take heart, you will most likely be your own best friend when you start enjoying “you”, which might make you one more, important, steady, best friend on your list!

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Remember, one step at a time. Nourish yourself like you would a plant and find good company along the way. Don't be afraid to find a suitable environment where you can be encouraged and keep growing.

What is my dream environment? Where would I like to be in 5 years from now?

When you live authentically as you, you might need to let go of people and environments that no longer resonate with you. That can be painful. Look at your five-year-in-the future-dream. Imagine that for everything you have to let go of, there will something better waiting for you. If you could believe in your dreams, how would that change your anticipated difficulties?

What might you have to let go off?

What are some first steps I can take that I can later keep building on?

E.g take a business class, find a baby sitter, join a running club,

"Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen."

~ **Brene Brown**