

- BE AUTHENTIC -

BEING AUTHENTIC REFERS TO THE EXTENT TO WHICH YOU CAN BE YOUR TRUE SELF (YOUR INSIDES MATCH YOUR OUTSIDES). TO WHAT EXTENT CAN YOU BE:

- + **HONEST & OPEN** about who you are?
- + **TRUSTWORTHY** - say what you mean and mean what you say?
- + **REAL** - what you see is what you get?
- + **EMPATHETIC** and care about doing the right thing?

BEING AUTHENTIC MATTERS BECAUSE:

- + We all need to be seen, heard and valued without judgment.
- + Pretending to be someone we are not is exhausting and can leave us feeling lonely because no one really knows us.
- + When our actions align with our true selves, we are more likely to feel confident, believe in ourselves and follow our passions.
- + It feels good to be honest with yourself and other people.

INSIDE SELF

Figure out what is true for you

Notice how you are feeling.
Our feelings are our best guide to what's true for us.

Identify your strengths and qualities. What things you are good at? What qualities make you who you are?

Recall times in your life when:
+ *you felt good*
+ *you were really into what you were doing and lost track of time*
What was it about these experiences that made you feel good?

Pay attention to your self-talk and the stories you tell yourself about what you can and can't do.

MAKE YOUR OUTSIDE MATCH

Be true to yourself (both in what you say and do)

CONNECT with your feelings and let them guide what you say and do.

CHECK IN and ask yourself if what you are saying or doing is because you have good intentions or because you're worried about what other people think about you and whether or not they'll like you.

KNOW WHO YOU ARE, your interests and the things you are good at. This helps you find meaning in your life and builds confidence.

DON'T BRAG or show off. It's important that we are comfortable talking about ourselves, our abilities and accomplishments without boasting. The goal is to know ourselves and not to prove we are better than others.

EXPLORE and spend time doing things that make you feel good, that are important and matter to you.

CHOOSE what self-talk and stories you listen to and follow. Part of living authentically is not to let all of the stories we tell ourselves dictate how we live our lives. We don't have to believe everything the voice in our head is saying.

REMEMBER: Being authentic is a daily practice and not something you arrive at and are done. This means you can make choices every day and take small actions that bring you closer to your true self. We are all constantly evolving and changing.