



Living Authentically

“Authenticity is the daily practice of letting go of who we think we are supposed to be and embracing who we actually are.”

—Brené Brown

To live an authentic life, we must learn to be ourselves and know and accept the truth about ourselves. Authentic people listen to their own inner voice first before ever being swayed by the opinions of others. They choose to overcome the desire to fit in. An authentic person owns their own decisions and takes full responsibility for their actions. Living authentically means that we continue to look for ways to improve and grow and understand ourselves even more.

When we deny ourselves the opportunity to fully express who we are for fear of rejection or judgment, we deny ourselves the opportunity to be all that we can be. We play small and limit our lives and our experiences.

These feelings of fear often come up in relationships with others. Here are some questions to ask yourself when you feel like you are not being your most authentic self with someone in your life:

- What is the story that I am telling myself about what would happen if I shared my experience/feelings right now with this person?
- What will I experience and feel if I don't share what I'm thinking and feeling?
- If I chose courage over comfort what would I most want to say to this person right now?

When I am working with a client, I help them to choose courage over comfort. I help them take risks to prove to themselves that they can get through this even if their voice shakes.

The more that one practices being authentic, the easier it becomes to maintain it.

If you need some help with this, please reach out.