

AUTHENTIC



UNAPOLOGETICALLY UNIQUELY YOU!

“Be Yourself. Everyone else is already taken.” Oscar Wilde.

One of my all-time favourite quotes. I used to have this on my office wall when I worked in the corporate world!

Do you walk around with a mask on, or are you your true self?

It is OK, we all adapt to our surroundings, to different people, different events. It is not easy to constantly be AUTHENTIC particular when we are faced with new or unfamiliar situations. Sometimes the mask we put on is to help us to fit in, have confidence and not feel inferior.

A slight shift of who we are is not too much of a problem. However, if you are so far removed from who you are under normal circumstances, other people will spot it from a mile away! People know when someone is being inauthentic. If you change who you are when you are with people who have known you for a very long time, when you are in a new situation with them, they will find your change uncomfortable and will not enjoy being around you.

People like to be around AUTHENTIC people, they are attracted to AUTHENTICITY and they know when people are not AUTHENTIC.

What does AUTHENTIC mean?

Living AUTHENTICALLY means to own your actions and ensure that they align with your beliefs and needs. Our brains know when we are living a lie.

AUTHENTICITY is about staying true to what you believe, HOWEVER, this does not mean that you can't change either. Allow yourself to grow, develop, change. Don't be static. Accept that you will change as your interests, likes, hobbies evolve, and you learn new things.

AUTHENTIC people are deeply in tune with who they are and what they want. They help others to be their authentic selves. They don't make people feel as though they have to fit a certain mould.

Being AUTHENTIC means to speak truthfully, even if sometimes your opinions and feelings are not popular, because you prefer not to lie to people but instead stay true to your values and beliefs. This is not being hurtful and mean spirited. This is about being confidently true to yourself and not fearing who you are or hiding away.

AUTHENTIC people do not blame others and hold them responsible instead they take responsibility and are accountable because they know that it is them and no-one else, who is responsible for their lives.

How to be more AUTHENTIC

1. **Be aware of who you are.** What feels natural to you. Knowing how you behave in a variety of different situations, environments and with different people will help you be self-aware of what AUTHENTIC is for you. When you feel comfortable notice where you are, what you are doing, the environment, the people. Then compare this with other situations that are different and compare the feelings you have, what you say, the types of people you are with.
2. **Know your various masks and find your true face.** When you are in different situations you may be consciously aware of different masks you apply. If you aren't them become self-aware. Is it because you are fearful, afraid, worried about being judged, concerned about what people will think of you? If you are wearing masks, then understand why you wear them and ask yourself honestly if you really do need to wear them. Be brave, try taking them off and embracing your true AUTHENTIC self
3. **Develop genuine connections.** Be around people who you genuinely feel comfortable with. Understand what it is that you like about being around them. Connecting with people you feel comfortable with is because they are like you. This will also help you to know your AUTHENTIC self better. When you are with other people you feel truly connected to you will also be more AUTHENTIC.
4. **Allow yourself to be imperfect and also to change.** Know that it is OK to change as you develop, learn and grow. You are also allowed to make mistakes, change your mind, not always get things right. There is no such thing as perfect. Perfect to who? Perfection is really only in the eye of whoever decides something, but that does not make them right. We all have our own take on perfection.
5. **Be Mindful.** Being fully present when you are going about your day to day life and observing all the beauty around you and noticing things is a wonderful way to be AUTHENTIC, because you begin to be a part of the life you are living instead of a bystander or spectator. Engaging fully in conversations with people you meet, friends, family, colleagues and listening to them. When you are distracted,

looking at your phone, eavesdropping on other conversations, watching TV and not paying attention to the person you are with, is not only rude, it is not AUTHENTIC. When you are present and engaged you will understand your likes and dislikes when you are observant which will help you to be truly AUTHENTIC.

6. **Look for feedback.** It is said that often we don't like people because subconsciously they remind us of all the things, we don't like about ourselves. Be aware of what you do and don't like in other people. Be genuinely you and others will be more likely to be genuinely themselves.

7. **Make a note.** At the end of every day for a week or two, keep a log of all the masks you wear. The situations you have faced, environments you have been in, people you have been with. Note down your feelings in each situation, what you said, how you behaved and whether you thought you were being genuinely you or whether you were wearing a mask. Knowing who you are is important. You get to choose what you do about your masks and the type of person you want to show up as every single day, so you might as well make it the person you like and want to be.

NOTES:

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