

Being Your Authentic Self

Practices for living from the inside out

Authenticity is not a personality type. It is a practice — the ongoing choice to be true to yourself even when it costs something. It requires courage. And it makes everything more worth it.

WHAT IS AUTHENTICITY?

Authenticity means letting go of who you think you should be and embracing who you are. It is not unfiltered self-expression — it is the conscious choice to align your outer life with your inner truth.

Authenticity means:

- Saying what you mean, even when it's uncomfortable
- Presenting yourself consistently — the same person in all contexts
- Making decisions from your values, not from what will be approved
- Allowing yourself to be seen, rather than performing a curated version of yourself

BARRIERS TO AUTHENTICITY

- The approval trap: needing others' validation before you can give yourself permission
- The comparison habit: measuring your inner life against others' outer performance
- Inherited identity: living the life someone else scripted for you
- Fear of rejection: if people really knew you, they would leave
- Perfectionism: armour worn to avoid the vulnerability of being seen as imperfect

AUTHENTICITY PRACTICES

1. The Daily Check-In

Once a day ask: 'Who was I today? Was that actually me — or was I performing for someone?' No judgment. Just noticing.

2. Values Alignment

Before a significant decision: 'Which of my core values does this honour? Which does it compromise?' Let values lead rather than approval.



Do no harm. Take no shit.

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3. One True Thing

Once a day, say one true thing you might normally edit out — in a conversation, in writing, to yourself in the mirror.

4. The Authenticity Inventory

At the end of the week: Where did I show up authentically? Where did I perform or hide? What would it have cost me to have been more real?

5. Notice the Social Shapeshifting

Pay attention to how you change when you enter different rooms. Where do you expand? Where do you contract? The contraction shows you where you still believe you need to be someone else to be safe.

The most radical act of self-love is simply to be yourself — fully, without apology. Not perfectly. Not fearlessly. But honestly.