

I am Authentically, me.

I am true to myself and my values. ***My spiritual faith and personal relationships matter more than material possessions or outer appearances.*** I devote my time and energy to activities that make me feel happy and fulfilled.

I practice humility. Being able to laugh at myself helps me to learn and grow. I love myself even when I have spinach stuck in my teeth. I keep my struggles and victories in perspective. I accept myself for who I am.

I am willing to be vulnerable. I share my deepest thoughts and dreams with my family and friends. ***I show my true self to my loved ones.***

I respect honesty. I am grateful for candid feedback that helps me to see where I need to make changes in order to reach my goals. I tell the truth even when the consequences may be inconvenient.

I focus on helping others rather than impressing them.

I earn trust. I speak sincerely, and uphold my commitments. I try to go the extra mile to deliver all that I promised and more. I stand by my friends when they are going through difficult times.

I take a break from the daily rush so that I can spend time looking inward. I notice whether I am feeling peaceful or pressured. I figure out what my mind and body need to perform effectively.

Today, I dare to be myself. I listen to my own voice and aim for authenticity.

Self-Reflection Questions:

1. Why does living the truth set me free?
2. How does seeking approval interfere with being authentic?
3. How do I feel when I am honest with myself about a sensitive subject?

