

EMBRACING YOUR AUTHENTIC SELF

5 Ways to Discover the Path to Living Authentically



Introduction

As individuals, we are unique in many ways. We have different passions, aspirations, and so much more. Yet, we live in a world where our authenticity may not be unearthed.

One of the main reasons for this is we tend to draw our attention towards external factors. At the same time, we have a tendency to give into societal pressures because “everybody does it”. The reality is this: we tend to feel drained and lose touch with our authentic selves.

The good news is you can be able to embrace that self. In this report, you’re going to learn the 5 ways to discover the path to living an authentic life. This will serve as a stepping stone that will help you stand out in front of the crowd.

Living a life where you can be your authentic self isn’t being selfish (contrary to what people want you to believe). You can pursue your passions, goals, and aspirations without having to rely on the external factors or the validation many people seek out. If you’re ready to take on the challenges of this journey, keep reading and learn the five ways to build an authentic you from the ground up.

1. Find a time for self-reflection

The first step you want to take is to spend time with yourself. In this context, you want to allow yourself time to reflect on yourself. This will be crucial in getting to know your authentic self.

And it will allow you to lay the groundwork that will be critical to this journey from the start. The way this works is asking yourself a series of questions. At the risk of being overwhelmed, it’s important that you keep these simple.

Let’s take a look at the following questions you can ask yourself during this stage:

What am I naturally good at?

We have a talent or a skill that we showcase on a regular basis. When we perform it, we display this in a way where it looks and feels like we were born to have this skill and be great at it. Take a moment to think about the things that you are naturally good at.

What skill or talent have you received unsolicited praise and compliments from? Write it down in a notebook, a word document, or whichever you prefer. Once you have completed this, take a moment to think about this natural talent or skill of yours.

This is one of the things that makes you authentic. It's something that you can do without fail. It's something you enjoy doing without showing any signs of giving up on it.

If there are certain skills or talents you are good at, you can use it as an opportunity to help others. People might even pay you to solve a problem that requires your natural skill or talent. It might even be a good idea for a side hustle, if that's something you'd like to do.

What are my core beliefs and values?

Another set of strong pillars that hold up a person is their core beliefs and values. Each person has a different set of them. So the questions you want to ask yourself are as follows:

- What issues do I care about and what beliefs do I have linked to them?
- What causes do I have a deep appreciation and care for?
- What kind of values will I never compromise regardless?

These are just a sample of questions that you want to ask yourself. Deep down, you have a set of beliefs and values that may be dormant. You can unearth them just by doing a session of self-reflection.

If you are unsure, take interest in what may be going on in the world around you. Read up on various causes and what their mission is. If it's something that relates to you in a certain way, take up on it and make it a part of who you are.

What are my strengths and weaknesses?

It's always a good idea to be aware of what your strengths and weaknesses are. To be clear, we don't want you to be ashamed of weaknesses you may have. Yes, you can strengthen some weaknesses as much as possible.

For example, if there is a skill or talent that you're not good enough at, learn how to get better at it. When you do, practice on a regular basis. This will allow you to identify any mistakes you're making.

From there, you can correct those mistakes. View them as a learning process. Don't aim for master level or anything lofty - decent is good enough.

However, some weaknesses and imperfections were made to be embraced. The important thing to remember is that no one can be perfect. If anyone who tries to be that way is setting themselves up for failure, stress, and disappointment.

Get this: your imperfections are all part of the uniqueness factor that you have. You choose to embrace them in the best way possible. Again, there's no shame in being your own unique self.

2. Make self-care a priority

One of the things that people tend to miss out on is self-care. We know that the world around us can be busy, fast-paced, and chaotic. And we seem to not have the time to take care of ourselves in a physical, mental, and emotional sense.

When we tend to live every day on autopilot, we seem to forget this. With a lack of self-care, we eventually suffer the unintended consequences. This includes dealing with poor physical health, poor self-esteem, and so much more.

It doesn't have to be that way at all. You want to make self-care a priority of yours every day. Once again, it's not selfish to do so.

People may say that self-care is a buzzword. The reality is that it's not. In fact, it's a word that holds more importance than you realize.

Understand the different types of self-care

You have different types of self-care that exist. They include physical, mental, and emotional. An example of physical self-care is exercising on a regular basis (with a proper diet).

A mental example will be journaling. Especially on days when things don't seem to be going in your favor. You see that people can utilize self-care in so many ways.

This segues into our next topic on self-care.

Put together a self-care plan

A self-care plan is created and customized to your needs and preferences. At the same time, it also is built on the priorities you have to take in bettering yourself. For example, if you are looking to lose weight and stay fit, the physical aspect of your self-care plan might take priority.

However, it is important not to leave out any of the other types. Find a self-care method that covers the mental area and another that tends to your emotional needs. As long as this plan has your bases covered, you're good to go.

Once again, do not overload yourself on what to put together for a self-care plan. Start simple and keep it simple. It can consist of three things you can do on a daily basis.

Exercise, journal, and practice mindfulness. That's a good example of a simple self-care plan, right? Now, there are two practices to self-care that we highly recommend and for good reasons.

One of which we mentioned already: mindfulness. This is a practice that will not only build awareness but also help you keep your stress levels in check. It's also a practice that takes a few minutes each day and can be done first thing in the morning or before you go to bed.

Another self-care practice is getting a good night's sleep. It's important to get at least 7 to 9 hours of sleep per night so you can be able to feel fully rested and recharged. It can also lead to lesser stress, fewer physical, mental, and emotional issues, and much more.

3. Do things that make you feel happy and alive

For this point, let's refer back to the first tip on self-reflection. At this point, you might already have a list of skills, interests, and activities that you enjoy. These include the things that make you feel happy and alive inside.

It's important that you keep doing these. Because they are the things that bring out the best in you. But what if you don't know of anything that makes you feel like this?

The best approach is to try something new. You may enjoy it, you may not. After all, life can't be life without trial and error.

If you have a new skill or interest that you love, keep doing it. The more you do it, the more it becomes ingrained into your authentic self. You'll do it for as long as you live.

When people ask your friends or family about you, one of the things that may come off the top of their head are the things that make you well known. This includes the passions you've pursued, the things that make you happy, and so much more.

4. Pull yourself away from societal norms and pressures

Earlier, we've mentioned that societal norms and external pressures can be a challenge. In fact, it may be one of the key reasons why people are not always living their authentic lives. They tend to "follow the herd" as opposed to going their own way.

One of the best solutions is to pull yourself away from them. Especially if they are not in line with your values or beliefs. You want to establish boundaries which are galvanized by those same values and beliefs that you have.

When these boundaries are established, be sure to communicate them effectively. This will ensure that your message is heard loud and clear by people who you associate with. Yes, societal norms and pressures can violate these boundaries.

If you believe these boundaries are indeed being violated, you want to examine and even re-evaluate any relationships that may have caused this breach.

5. Accept that obstacles and setbacks will happen

On the path to living authentically, it's important to accept that obstacles and setbacks will happen. The way you handle them will set you apart from the others. If you encounter obstacles and setbacks, meet them with a determination to rise above them.

Find ways to overcome them in the best way possible. If you feel stuck, there's always your support system. It consists of friends, family, and other people that you know and trust.

They will be able to guide you through the process with advice and valuable information. Not to mention, they will root for you and encourage you to move forward with your goals. Obstacles and setbacks are not a sign of failure.

Once again, treat them like a learning process. Figure out how it happened, what made it happen, and take the necessary steps to overcome them. What you might not realize is that some obstacles and setbacks can occur outside of your control.

That's where your ability to adapt to certain changes comes into play. Be prepared for change, whether it's expected or unexpected. You'll feel more confident on what you need to do should something arise out of nowhere.

Final Thoughts

Your authentic self can be uncovered with every step of this journey you take. Be sure to take these five tips to heart. If you want the complete roadmap to help you achieve this journey, we invite you to check out the book “Unapologetically Me: The Ultimate Guide to Prioritizing Yourself and Living Authentically”.

This book has 8 chapters covering each aspect on how you can live an authentic life. Do you have what it takes to live your best life as your own self? Get your copy of “Unapologetically Me” today and make it happen.