

BE
UNAPOLOGETICALLY
YOU

6
STEPS
TO
LIVING
YOUR
AUTHENTIC
LIFE

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THE PRIVILEGE
OF A LIFETIME
IS TO BECOME
WHO YOU TRULY
ARE

C.G. JUNG

Living authentically is about embracing who we are and the things that really matter to us. It's about following your own path instead of living in a way that is expected of you or the way you think you should be living. Living authentically is about being you, being yourself, living for you and being unapologetic for it. When you live in an authentic way, the pressures that are put on us start to fall away because there is no way to fail at being ourselves, except to not be so.

1. Have the guts to follow your dreams

Living your authentic life is about doing what you love and what makes you happy, instead of doing the things you think and believe you should be doing. Sometimes following this path takes a huge amount of strength and you really do need guts to make the sacrifices but in the long run, it's usually worth it.

2. Stop living in fear

Stop doubting yourself and telling yourself that you can't do it. Stop telling yourself that you aren't capable. Stop believing you can't. Stop letting fear and self-doubt hold you back from happiness! Instead, let go of the fears that you're hanging on to so that you can move forward towards your purpose. You have to figure out what your calling is and pursue that path with everything you have.

3. Accept your strengths and your weaknesses

When you start having doubts about yourself, look back on your life and make a list of the things you've accomplished. Remind yourself that you were great at those things. Think about what made you great at those things.

Look at where you are now and list what you're good at now. What are you most proud of about yourself? What are you passionate about? Write those things down! Make a list and keep it with you so that when you start having doubts you can refer back to your list and remind yourself that you are really good at somethings.

You can't be good at everything so if you've failed, remember that failing is a part of life and failing is often what teaches us the most valuable life lessons. When we fall down, what matters is that we get back up again!

4. Understand that happiness is about your mindset.

Happiness is in accepting the moment for what it is. For letting things go by without over thinking, without adding meaning or expectations. Happiness is enjoying the small things, the quiet moments. It's being yourself and looking within and appreciating the life you live.

Happiness doesn't have to come from making changes to your life, but it can, if that's what you need to do. Happiness is within you and only you can truly know what your definition of happiness is. Have the courage to pursue that which makes you happy and to let go of that which no longer serves you.

5. Accept that you are in charge of your own life!

Design a life you love, choose the things that matter to you and do those things. Spend every single day living in a way that is aligned with your values and that matters to you. Live intentionally. Be yourself, and don't be apologetic about it. Make your life one that really counts. Right now is all we have. Make sure you're living a life that you can be proud of now!

6. Stop playing small!

Don't be ashamed of your dreams. Don't play small for fear of being judged by others or because you don't think you're good enough.

You don't have to be the world's most knowledgeable person on something you feel passionate about. You just need to take the steps towards making it a reality and just start! You will learn as you go, you will figure it out along the way.

Don't put off being yourself because you don't believe in what you are capable of and you think the world will see that you're a fraud.

Stand tall and Be Unapologetically You!

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AUTHENTICITY IS A
COLLECTION OF CHOICES
THAT WE HAVE TO MAKE
EVERY DAY. IT'S ABOUT
THE CHOICE TO SHOW UP
AND BE REAL. THE CHOICE
TO BE HONEST. THE
CHOICE TO LET OUR TRUE
SELVES BE SEEN.

BRENÉ BROWN