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# THE 5 STEPS I TOOK TO FINDING MY AUTHENTIC SELF IN 3 MONTHS



love me not

# Hello!!

Welcome to our guide to embracing your authentic self in 5 steps. I know from experience that being true to yourself can be a real struggle in a world that often tries to make us conform and fit in. My journey began in January of this year when I wanted to grow and get out of a rut of not feeling like myself.

## WHAT'S HOLDING YOU BACK?

It was a slow roll until I started to identify what around me was holding me back. It was difficult at first to even identify, but I slowly began challenging the expectations and judgments of others around me. It can be really tough to go against what other people think, but remember that you are the expert on your own life!! It's okay to challenge expectations and judgments that don't align with who you really are.

## CHOOSE YOURSELF AND SET THOSE BOUNDARIES

This led into the end of January where I decided to set boundaries and prioritize myself. This did mean saying no to obligations or activities that didn't align with my priorities, but hey, it's not always going to be easy. Making time for self-care and self-love made it so much easier though.

## SUPPORT YOURSELF

Practice self-acceptance and self-compassion. It's so important to be kind and understanding with yourself as you journey to becoming your authentic self. Remember that you are worthy and deserving of love and acceptance, just as you are. And hey, if you ever need a little extra support, don't hesitate to reach out to a friend, family member, or professional for help.

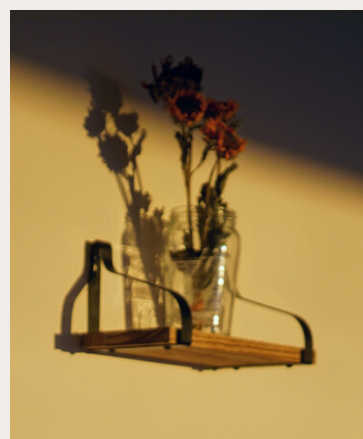
## HOLD ONTO SOME, LET GO OF OTHERS

Surround yourself with supportive people who encourage and celebrate your authenticity. In February, I looked toward friends, family, and communities that supported and uplifted me, and let go of relationships that didn't align with who I really was. Trust me, it's so much easier to be yourself when you have people around you who accept and celebrate you for who you are.

## TAKE THE LEAP

Be brave and take small steps towards acting the way you really want to. It can be so scary to be ourselves, especially when it means going against the expectations of others. But remember that being true to ourselves is worth it, and that taking small steps towards authenticity can lead to big rewards. And if you ever feel like you're struggling, remember that you're not alone, and there's a community of people who want to help you on your journey.

Remember, embracing your authentic self and being unapologetically you is a lifelong journey. It takes courage, self-love, and a commitment to yourself. But when you are true to yourself and prioritize your wellbeing, you can feel so much happier, more fulfilled, and more confident. So don't be afraid to be yourself and embrace your authentic self - you deserve it!



START YOUR OWN JOURNEY HERE

What's holding me back?

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Boundaries I'll set for myself:

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My next steps as I take a leap

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My take away from this guide

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