

**BE YOURSELF, EVERYONE ELSE IS ALREADY TAKEN**  
*THE POWER OF AUTHENTICITY AND APPRECIATION*

**1) WHAT MAKES IT HARD TO BE  
AUTHENTIC AND APPRECIATIVE?**

**2) BE YOURSELF**

**3) FOCUS ON THE GOOD STUFF**

*“It takes courage to grow up and become who you really  
are.”*

*- e.e. cummings*

**WHAT ARE YOU GRATEFUL FOR RIGHT NOW?**

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## **ACTIONS/PRACTICES:**

- **ADMIT WHEN YOU MAKE MISTAKES, DON'T KNOW SOMETHING, OR FEEL SCARED**
- **ASK FOR WHAT YOU WANT, SPECIFICALLY AND WITHOUT ATTACHMENT**
- **BE HONEST WITH YOURSELF ABOUT HOW YOU REALLY FEEL AND BE WILLING TO SHARE THAT WITH OTHERS IN A VULNERABLE WAY**
- **SPEAK UP, EVEN IF YOU FEEL NERVOUS ABOUT IT**
- **CREATE A "DREAM TEAM" TO SUPPORT YOU WITH YOUR BIGGEST GOALS AND DREAMS**
- **LOOK FOR GOOD STUFF AND ACKNOWLEDGE WHEN YOU SEE IT**
- **SPEAK ABOUT YOURSELF, YOUR WORK, YOUR LIFE, AND OTHERS IN A POSITIVE AND EMPOWERING WAY**
- **STOP TRYING SO HARD – JUST BE YOURSELF!**
- **FOCUS ON AND TALK ABOUT WHAT YOU'RE GRATEFUL FOR ALL THE TIME**

*"Honesty and transparency make you vulnerable. Be honest and transparent anyway."*

*- Mother Teresa*