

# Making Space for Your Authentic Self



## Spotting Inauthenticity

The most important step in embracing and supporting your authentic self is learning the ways you tend to be inauthentic.

## Embracing Who You Are

Our most authentic self is the person we are in the moment, complete with all our quirks and imperfections.



## Make Room for Change

Your authentic self changes over time, and that growth will require your life to change to accommodate it.

## Nurturing Transformation

Evolution happens when we adapt to our environment, so we can create an environment to shape our evolution.



## Evolution is Self Care

Unguided self-development is growth, not evolution. We have to focus on ourselves to become who we want to be.

## Does it Resonate?

An authentic spiritual life has to resonate with you you are, not require you to strive to be different.

