
AUTHENTICITY IN ACTION:

- 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
- CLEAR YOUR "WITHHOLDS" WITH OTHER PEOPLE
- USE "I" STATEMENTS WHEN GIVING FEEDBACK OR SHARING YOUR OPINION/PERSPECTIVE WITH OTHERS
- SPEAK UP, EVEN IF YOU FEEL NERVOUS ABOUT IT
- CREATE A "DREAM TEAM" TO SUPPORT YOU WITH YOUR BIGGEST GOALS AND DREAMS
- MAKE IT SAFE FOR OTHERS TO BE HONEST AND REAL WITH YOU
- SPEAK ABOUT YOURSELF, YOUR WORK, AND YOUR LIFE IN A POSITIVE WAY
- STOP TRYING SO HARD – JUST BE YOURSELF!

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

- Mother Teresa