

TRUE SELF

ADVERSITY CAN'T SILENCE AUTHENTICITY
IT JUST REVEALS ITS STRENGTH.

IDENTIFICATION

Circle the three statements below that most resonate with you:

1. I thrive when I'm allowed to be creative
2. I don't need to fit in to belong
3. I can lead without being loud
4. I find power in vulnerability
5. I value recognition for my effort
6. I need autonomy to do my best work
7. I grow when I take risks
8. I bring joy to those around me
9. I deserve to be seen and heard
10. I get energy from helping others
11. I adapt well under pressure
12. I am still learning who I am
13. I'm proud of my differences
14. I can change the way things are done
15. I believe in building community
16. I challenge traditions that don't serve me
17. I don't let doubt define me
18. I am most alive when I create
19. I want to be part of something bigger
20. I find strength in my story



WHEN WAS THE LAST TIME I FELT SILENCED OR SMALL IN A LEADERSHIP SPACE?

WHAT PARTS OF MYSELF DO I HIDE TO AVOID DISCOMFORT OR PUSHBACK?

WHO AROUND ME SUPPORTS MY MOST AUTHENTIC SELF—AND HOW CAN I STAY CLOSE TO THEM?

WHAT DOES IT REALLY MEAN TO "BRING MY FULL SELF" INTO MY WORK OR LEADERSHIP?

TAKE ACTION RECLAIM THE MOMENT

REVISIT ONE MOMENT OF PAST ADVERSITY WHERE YOU CONFORMED OR HELD BACK WHO YOU ARE. WHAT'S ONE SMALL, BOLD STEP YOU CAN TAKE THIS WEEK TO REASSERT YOUR VOICE, STYLE, OR VALUE IN A CURRENT SETTING (WORKPLACE, CLASSROOM, OR COMMUNITY)?

Create a specific goal that helps you show up more authentically in one area of your life—include the what, why, and how often you'll act on it.

SMART
GOAL

RESOURCE OF THE WEEK



3 TIPS TO TRY!

- 1** DECLARE YOUR IDENTITY: START ONE MEETING OR CLASS THIS WEEK WITH A SENTENCE THAT EXPRESSES WHO YOU ARE—NOT JUST WHAT YOU DO.
- 2** FIND A MIRROR MENTOR: REACH OUT TO SOMEONE YOU ADMIRE WHO LEADS AUTHENTICALLY AND ASK THEM ONE QUESTION ABOUT HOW THEY STAY TRUE TO THEMSELVES.
- 3** FLIP THE SCRIPT: WHEN SOMEONE RESISTS YOUR IDEAS, RESPOND WITH CURIOSITY INSTEAD OF DEFENSE—ASK WHAT ABOUT THIS FEELS UNFAMILIAR OR RISKY TO THEM?