

Week 1 Takeaway Sheet

Week 1 - 8/3/26

What Authentic Living Really Means

-  **1. Authenticity Isn't Perfection—It's Honest**
 - Confidence grows when you're honest instead of trying to be perfect.
 - Your imperfections don't make you less worthy—they make you human.
 - Being yourself is far less exhausting than trying to be someone else.
-  **2. People-Pleasing Slowly Disconnects You from Yourself**
 - Your needs and feelings deserve just as much attention as everyone else's.
 - Healthy boundaries are an act of self-respect, not selfishness.
 - Every honest "no" helps you reconnect with who you really are.
-  **3. Comparison Steals Your Confidence**
 - Your journey is unique and doesn't need to match anyone else's.
 - Gratitude helps shift your focus from what you lack to what you already have.
 - Celebrate your own progress instead of measuring someone else's.
-  **4. Authenticity Creates Freedom**
 - Freedom begins when you stop chasing approval.
 - The real you is enough exactly as you are.
 - Living authentically brings more peace, confidence, and joy.