

# Be More Of Who You Are - Embrace Your True Self

Do you often find yourself pretending to be someone you're not? Do you feel like you're living a life that doesn't align with your true desires and values? It's time to break free from societal expectations and embrace who you truly are.

We live in a world that constantly tells us how we should look, act, and think. Society puts pressure on us to conform to certain standards, leading many of us to lose touch with our authentic selves. But deep down, we all have a unique identity waiting to be embraced.

Embracing who you are means acknowledging your strengths, weaknesses, passions, and dreams, and living in alignment with them. It's about accepting yourself fully, flaws and all, and letting go of the need for validation from others.



## Be More Of Who You Are: 6 Things You Can Do To Kickstart Your Journey Of Self-Compassion And Live Fully by Ranjan Kumar Varanasi (Kindle Edition)

★★★★☆ 4 out of 5

Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 42 pages
Lending	: Enabled



So, how can you be more of who you are? Here are some steps to guide you on your journey towards self-acceptance and authenticity:

## **1. Reflect on Your Values and Beliefs**

Take some time to reflect on your values and beliefs. What truly matters to you in life? What are your core principles? Understanding your values will help you make decisions that align with your authentic self.

For example, if honesty is one of your core values, you'll strive to be honest in all aspects of your life. This will not only make you feel more aligned with your true self but will also attract people who appreciate your honesty.

## **2. Explore Your Passions and Interests**

What gets you excited? What activities make you lose track of time? Exploring your passions and interests is a powerful way to connect with your authentic self. Whether it's painting, dancing, writing, or cooking, make time for activities that bring you joy.

When you engage in activities that align with your passions, you tap into your natural talents and abilities. This will not only boost your self-confidence but will also allow you to express your true self to the world.

## **3. Let Go of Others' Opinions**

One common obstacle to embracing our true selves is the fear of judgment from others. We often worry about what others will think or say about our choices and actions. But the truth is, you can never please everyone.

When you let go of the need for validation from others, you free yourself from the chains of societal expectations. Remember that your worth is not determined by

others' opinions, but by how well you align with your authentic self.

#### **4. Practice Self-Compassion**

Embracing who you are is a journey, and it's essential to be kind and forgiving towards yourself along the way. Practice self-compassion by treating yourself with love, care, and understanding.

When you make mistakes or face challenges, instead of being harsh on yourself, offer yourself the same level of compassion you would give to a loved one.

Remember that growth and self-discovery are non-linear processes, and it's okay to stumble along the way.

#### **5. Surround Yourself with Authentic People**

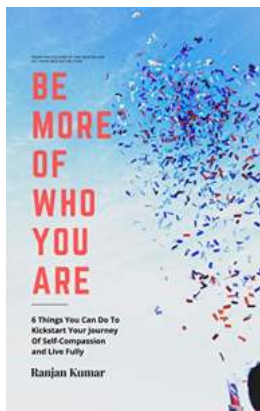
The people we surround ourselves with have a significant impact on our lives and our ability to be true to ourselves. Surround yourself with individuals who accept you for who you are, encourage your growth, and inspire you to be your best self.

Authentic relationships provide a safe space for you to be vulnerable and embrace your true self without fear of judgment or rejection. Seek out those who celebrate your uniqueness and challenge you to grow.

Being more of who you are is a lifelong journey of self-discovery and self-acceptance. It requires introspection, courage, and a willingness to let go of societal expectations.

Embracing your authentic self allows you to live a life that is aligned with your true desires and values. It enables you to experience a deep sense of fulfillment and happiness.

Remember, there is no one-size-fits-all formula for embracing your true self. Each person's journey is unique. The key is to trust yourself, listen to your intuition, and take small steps towards aligning with your authentic self every day.



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Here's one more from the Bestselling Author of Hit Your Restart Button - How To Reinvent Yourself And Start Living A Zero Limits Life. If you're someone who has lived a rebelliously BOLD life, but for some strange reason have been feeling stuck for while, and are desperate to create a new momentum, this book is for you. Grab your copy ( and a cup of coffee too... ) and start your inward journey.

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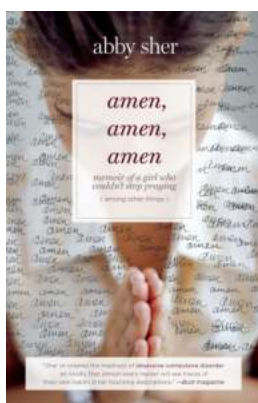
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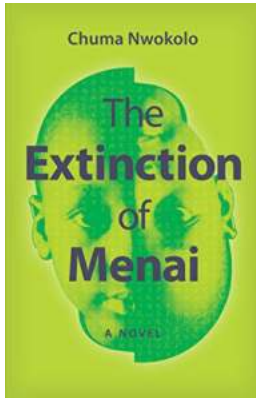
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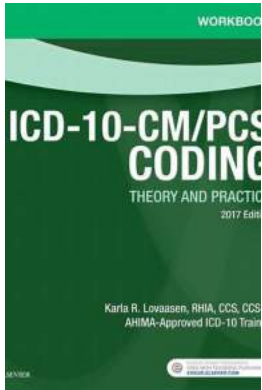
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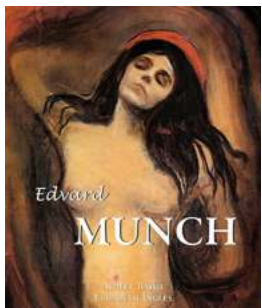
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