

Week 26: Be the True You

This week's lesson is all about creating a page to celebrate who we REALLY are. I mean I want you to go over the top with your page!

Do you see yourself as a Warrior, a Teacher, a Comedian? What's really deep inside of YOU?

Authenticity
is the
daily practice
of letting go of who we
think we're supposed to be
and embracing
who we are.

~Brene Brown

GratitudeHabitat.com

It's so easy to just be who we THINK we should be...especially when we are around others. Have you ever been in a situation where you are surrounded by new people and instead of being yourself you act differently? I know I have been many, many

times. I hate it when that happens because I KNOW it's MY OWN insecurities coming out.

What if we could be EXACTLY who we are?? That's the person I want you to create in your journal this week!!



**DON'T
TRADE IN YOUR
AUTHENTICITY
FOR
APPROVAL**

I hope you join me starting September 3rd for "I Say Yes" Bootcamp!! Join our private FB group...[I Say Yes.](#)

Have a GREAT weekend!

xoxo

Leslie