



Exploring Self-Honesty

This month we're focusing on being more honest with ourselves. Being authentic is key to owning your power. In order to be authentic, you have to live your truth.

It's amazing how we can keep our truths from ourselves. There are some things we just don't want to see or know. Truths can be uncomfortable – can even feel threatening – because of their possible ramifications. They can take us out of our comfort zones and into the fire.

Even small “not-truths”, though, erode your authenticity. The times you say, “I’m fine”, when you’re not. The times when you don’t speak up with an idea or a differing opinion. Times when you do something that isn’t resonant for you because it’s easier, out of a desire not to make waves, or not wanting to be weird or different.

Come get curious about this and take more steps in having your life be more richly, vibrantly *yours!*

When are you most likely to be honest with yourself?

When are you least likely to be honest with yourself?

What fears come up with you think about being honest in the most challenging times?

What will you gain from being more honest with yourself?

What will you lose from being more honest with yourself?

What is your commitment about this?
