


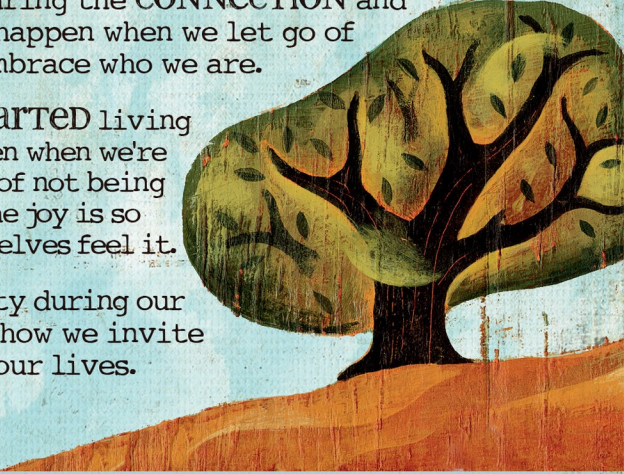
**authenticity**  
is a daily practice.

Choosing authenticity means:  
cultivating the **COURAGE** to be emotionally honest, to set boundaries, and to allow ourselves to be vulnerable;  
exercising the **COMPASSION** that comes from knowing that we are all made of strength and struggle and connected to each other through a loving and resilient human spirit; nurturing the **CONNECTION** and sense of belonging that can only happen when we let go of what we are supposed to be and embrace who we are.

Authenticity demands **WHOLEHEARTED** living and loving - even when it's hard, even when we're wrestling with the shame and fear of not being good enough, and especially when the joy is so intense that we're afraid to let ourselves feel it.

Mindfully practicing authenticity during our most soul-searching struggles is how we invite **grace, JOY, and graTITUDE** into our lives.

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