



VEIL *of* CHANGE

Be Courageous – Be Yourself

DISSOLVING THE VEIL OF OVERWHELM

How To Be Yourself

Two very easy words to say, but what exactly do they mean?

Being yourself means revealing the real you to the world.

But who are you?

Most people (including myself) have an image that they portray to fit in with others. Sometimes it is done without thinking, as it is a habit that has been ingrained for lots of years.

As a youngster you are taught how to behave, so your behaviors are modified to fit in with the people that surround you.

As you grow older you develop your behaviors to be accepted in the crowds that you associate with.

The Real You

The real you is the person you are when you are on your own. Not a people pleaser, not someone acting a part. To be yourself you do not worry about yourself or how you might look in other people's eyes

The real you is someone who *knows* themselves, likes themselves and will accept that not everyone will necessarily like them.

Developing Your Strength

It takes courage to be yourself

To show your true feelings

To show your true emotions

To allow others to see:

your inner beliefs

your challenges

your honesty

It takes courage to ***accept*** that not everyone will agree with your ideas, your choices, your truth.

Why is it better to be yourself?

You will feel more relaxed – no more pretending, no more acting in a certain way to gain approval. You will react from the heart without stifling your natural tendencies.

People will like you more –

for being genuine

for being yourself

for loving yourself

for being happy with yourself

You can focus on others, listening without judging, listening without having your agenda to fill,

You will not wonder about how others see you, so you will not try to change your appearance for them, they will see you as you really are.

When you are yourself, you can achieve anything you put your mind to, as you are not draining your energy pleasing others.

Being Yourself Will Improve Your Choices

Being yourself means you will make good choices, which are in line with your beliefs and goals.

Being yourself will be reflected back at you from others, - you see people as you are, not as they are.

Reflections In The Mirror

Your experience of the world around you is actually you experiencing yourself.

So if you don't like yourself or your world, maybe there is something to change within, don't blame the mirror.

Reflections in the mirror

Reflects what you see

Reflect even deeper

And what you've got is me

(the 'I am' within you,)

Take Time Out To Be Alone

It is as important as the air that you breathe to have your own quiet time.

Ask yourself questions, what do you like, where do you want to travel to, are you happy, do you like your job, do you do the things that make you sing inside?

Get to know yourself, so you can direct your life the way you would like it go.

How will you feel when you are able to know yourself enough to do the things you enjoy and to do the things that your soul craves for?

