

Owning

Your

Story

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What is Authenticity?

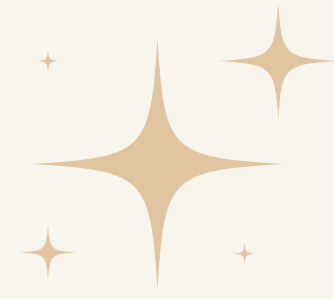
Fear of Vulnerability

Your Authentic Self

Our Stories Change

Importance

My Purpose



- To become better integrated at RHS
- To have an impact upon planning events.
- To seek a sense of belonging

My Legacy

- People's stories/experiences matter
- You owe it to yourself to invest in yourself
- Simple things can make others' lives easier



My Experience

- Found a safe space to be myself
- Met some awesome people
- Made the best memories
- Inspired to chase my highest goals

What is authenticity?



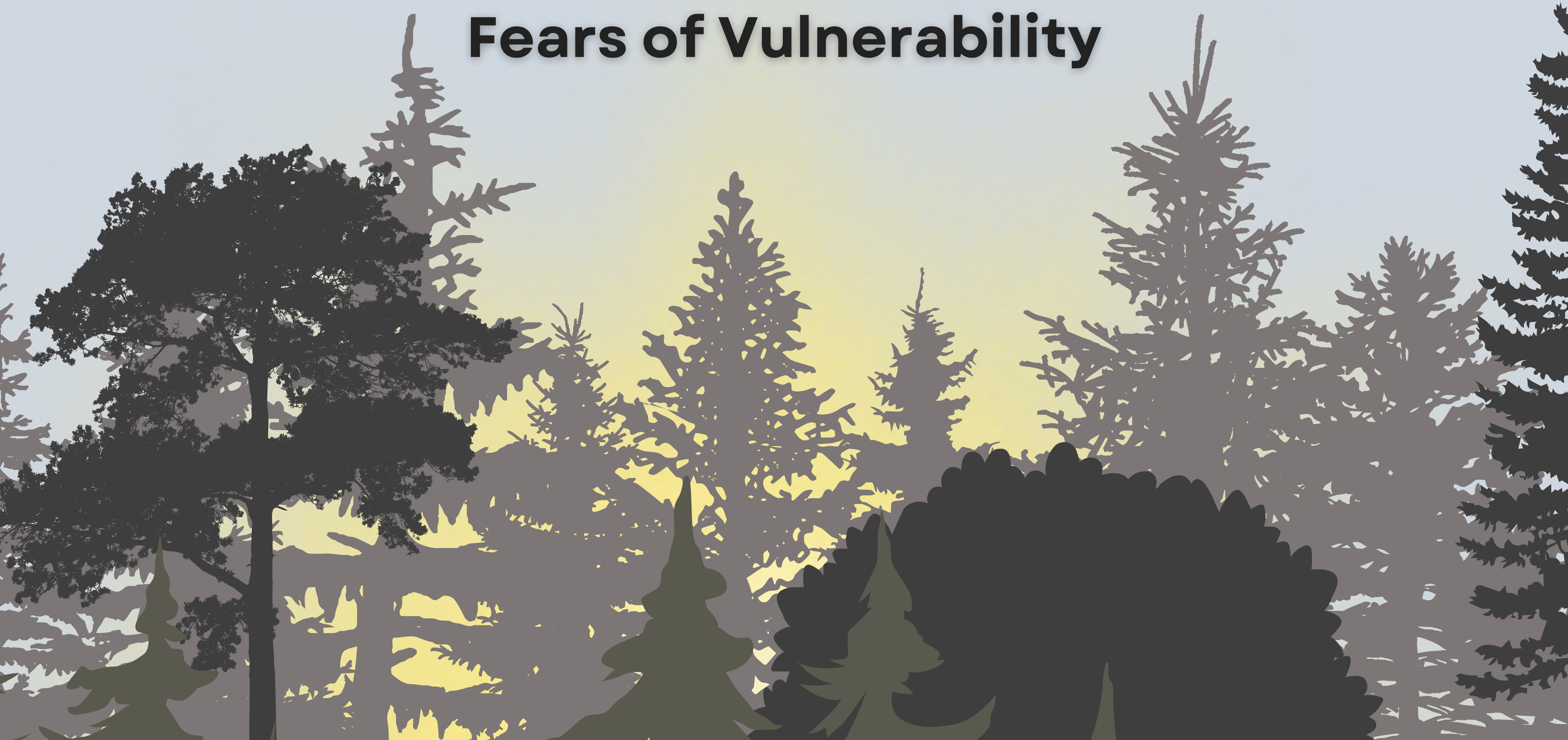
Authenticity

noun

1. Being one's true self.
2. Of undisputed origin; genuine



Fears of Vulnerability





Fear of rejection

Not in touch with yourself

Feeling of distrust/unsafe



TED Talk

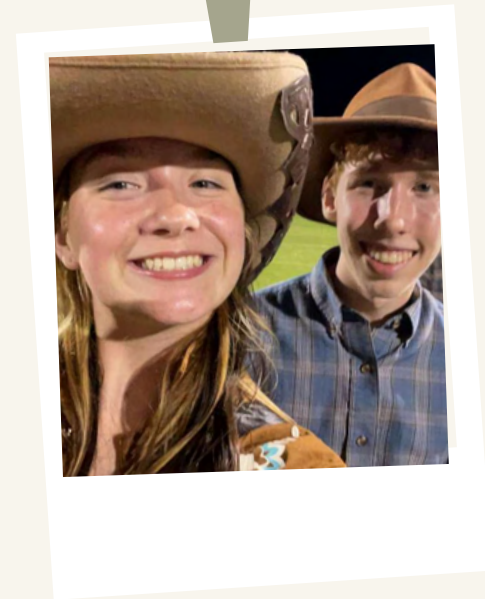
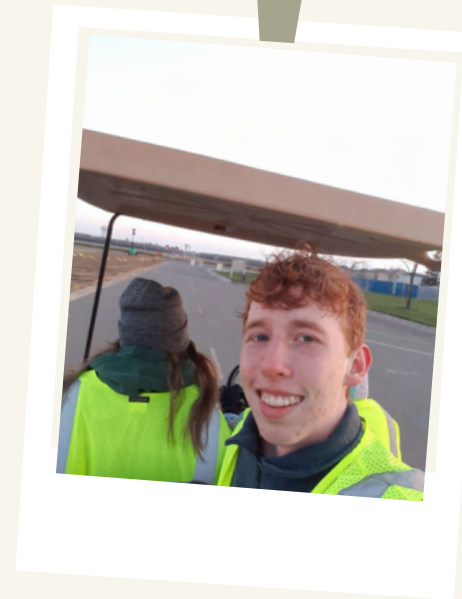


The Power of Telling Your Story

<https://www.youtube.com/watch?v=NqCsc31xg24>

Being Yourself is Rewarding

- Feel more free
- Find what you actually want
- Experience your unique place



Not everything happens for a reason. Rather, we give the meaning to each moment and in that way we serve as constantly dynamic characters in our own lives.





It is Important That You Are You



Your Assignment:

Create something that represents you in some way.

You can submit this as a physical creation or send a picture/creation in virtually.

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Due Friday