

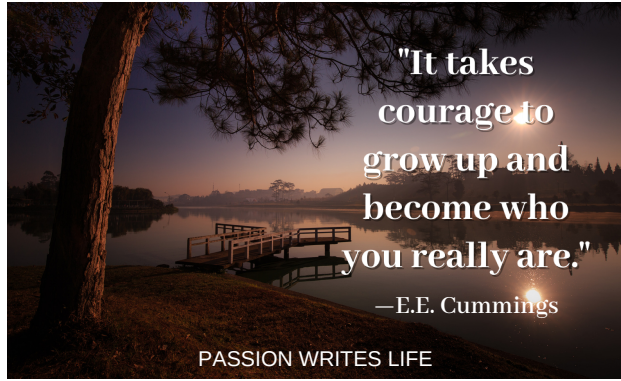
# 10 Quotes about Being Your Authentic Self



**"We need to find the courage to say no to the things and people that are not serving us if we want to rediscover ourselves and live our lives with authenticity."**

—Barbara de Angelis

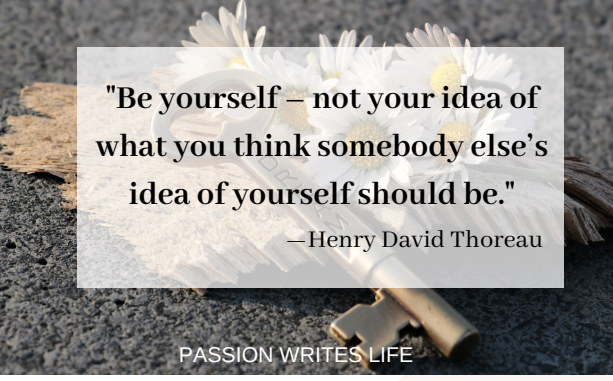
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**"It takes courage to grow up and become who you really are."**

—E.E. Cummings

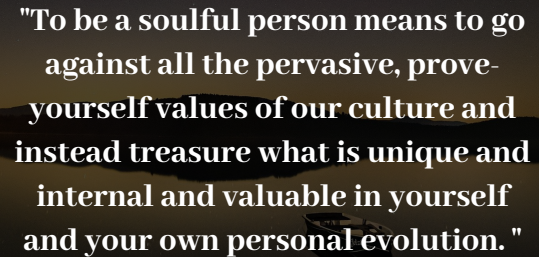
PASSION WRITES LIFE



**"Be yourself – not your idea of what you think somebody else's idea of yourself should be."**

—Henry David Thoreau

PASSION WRITES LIFE



**"To be a soulful person means to go against all the pervasive, prove-yourself values of our culture and instead treasure what is unique and internal and valuable in yourself and your own personal evolution."**

—Jean Shinoda Bolen

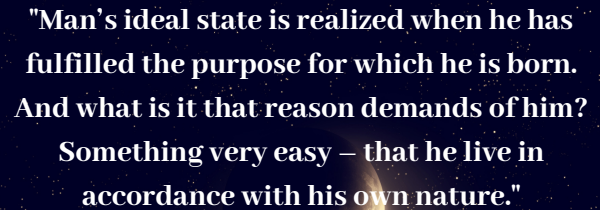
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**"The authentic self is the soul made visible."**

—Sarah Ban Breathnach

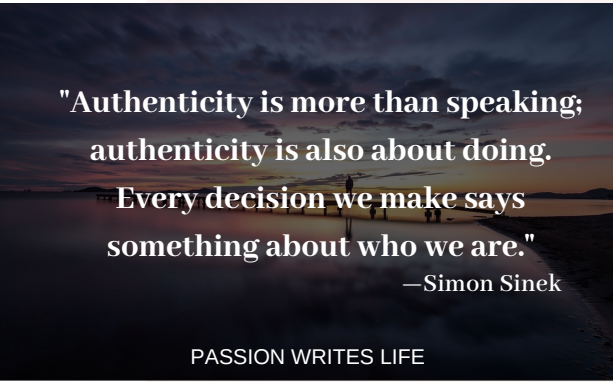
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**"Man's ideal state is realized when he has fulfilled the purpose for which he is born. And what is it that reason demands of him? Something very easy – that he live in accordance with his own nature."**

—Seneca

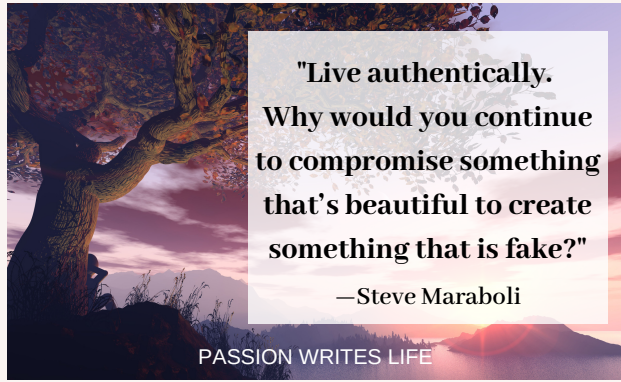
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**"Authenticity is more than speaking; authenticity is also about doing. Every decision we make says something about who we are."**

—Simon Sinek

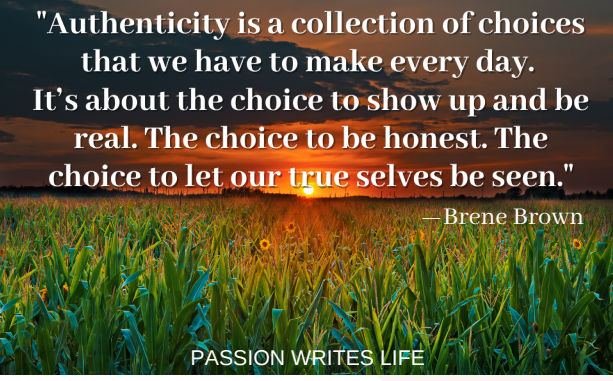
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**"Live authentically. Why would you continue to compromise something that's beautiful to create something that is fake?"**

—Steve Maraboli


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**"Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen."**

—Brene Brown

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**"No legacy is so rich as honesty."**

—William Shakespeare

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