



Name: .....

Date: .....

# Authenticity: Independent Learning Guide

The role models in the video "Authenticity" share powerful advice and guidance on staying true to yourself. Listeners learned that it's important to always speak up for yourself and stay true to your values regardless of what others might think.

Watch the video "Authenticity" at least once. Then read each statement below. Think carefully about each question before you answer it.

- 1. **The role models in the video encouraged listeners to always show the authentic version of themselves to the world.**

What traits or attributes make up your authentic self? Is it easy or hard to show your authentic self? Do some people or locations make it easier to be authentic? Explain your answer.

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- 2. **One role model told listeners that "a bit of advice [she would give]... is to not be afraid to be yourself because you won't always fit into a box."**

What do you think this advice means? What "box" is she talking about? Can you think of any "box" in your life that you don't "fit into"?

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**3. Listeners learned that it can feel easier to follow along instead of standing up for yourself or trusting your instincts.**

Can you think of any examples in your life where you decided to follow along instead of trusting your instincts? What happened? Why might it be easier to go along with everyone else instead of doing or saying something different?

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**4. One role model said, "Find out who you are, and be that person... [don't] be the person that you think somebody else is trying to make you or that they're expecting of you."**

Have you ever felt pressured to do or say something? What happened? How could you handle a situation like this in the future?

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**5. One role model emphasized that our differences make the world more interesting and exciting.**

What makes you unique or different from other members of your family? Your friends? How can you use these differences to make your environment more interesting or exciting? What unique ideas or perspectives can you offer?

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**6. The last role model left us with a powerful thought. She wants you to "remember to be brave and be yourself because that is beautiful."**

Why is this such good advice? What can you do to help remind yourself to be brave and show your authentic self no matter where you are?

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