

Embracing Your Uniqueness



Oftentimes we get stuck in life by thinking we need to follow the so-called “shoulds.”

What we should do.
What job we should have.
Where we should live.
How we should dress.
What should happen to us.
Who we should be friends with.

The list of “shoulds” could go on forever. When we are listening to the “shoulds” we are living based on what our culture tells us we are and this disconnects us from our authentic nature, but the only way we’ll truly feel fulfilled is when we start listening to ourselves and living out our truth. It goes back to the core tenet that nothing/no one but YOU can know what is best and true for your life. Embracing your uniqueness is about getting clear on who you truly are - not what others or society tells you to be.

Complete the following journal prompts to help you find clarity on this inner uniqueness:

What did I love doing as a child?

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What activities make me lose track of time because I'm so present? (if you can't think of things you do now think back again to when you were a kid)

What do other people say about me? Compliment me for?

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When do I feel most like myself? Who am I around? What am I doing?

What would I do with my life if I wasn't weighed down by the 'shoulds'?

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If I didn't care what people thought, what would I do with my life?

What is one small step I can take to embrace who I truly am?