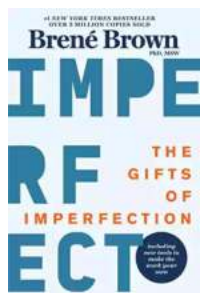


# Let Go Of Who You Think You're Supposed To Be And Embrace Who You Are

Have you ever felt like you were living a life that wasn't truly yours? Maybe you've been constantly seeking validation and approval from others, molding yourself into someone you think you're supposed to be. It's time to let go of the expectations and embrace who you truly are.

Each one of us is born with unique qualities, talents, and passions that make us who we are. But somewhere along the way, societal expectations and external pressures slowly start to influence our choices and shape our identities. We begin to believe that being accepted and fitting in is more important than staying true to ourselves.

This constant struggle between who we truly are and who we think we should be can lead to unhappiness, anxiety, and a feeling of emptiness. Yet, deep down, there is a voice urging us to break free from these constraints and embrace our authentic selves.



## The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

by Brené Brown(Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1202 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 245 pages



Letting go of who you think you're supposed to be is a liberating process. It means releasing the fear of judgment and accepting that it's okay to be different. It involves discovering and honoring your unique qualities, values, and interests, even if they don't align with societal norms or expectations.

Embracing who you are requires self-reflection and a willingness to challenge the beliefs and behaviors that no longer serve you. It's about embracing your strengths and weaknesses, and understanding that imperfection is what makes you human.

## **The Power of Self-Acceptance**

Self-acceptance is the foundation of embracing your true self. It involves acknowledging and embracing all aspects of who you are – the good, the bad, and the ugly. It's about accepting your past, your mistakes, and your imperfections, and realizing that they do not define you.

When you accept yourself fully, you give yourself permission to be authentic and live a life that aligns with your values and desires. You become more resilient in the face of criticism, as you no longer depend on external validation for your self-worth. Self-acceptance allows you to cultivate a positive and loving relationship with yourself, which radiates to all areas of your life.

## **Finding Your True Identity**

Finding your true identity requires self-exploration and getting in touch with your inner self. It's about unraveling the layers of societal conditioning and

rediscovering what truly makes you happy.

To embark on this journey, start by asking yourself the following questions:

- What activities bring me joy and fulfillment?
- What are my core values?
- What are my dreams and aspirations?
- What kind of impact do I want to make in the world?
- What makes me unique?

Take the time to reflect on these questions and write down your answers. Engage in activities that align with your values and bring you joy. Surround yourself with people who support and accept you for who you are.

Remember that the journey of self-discovery is ongoing. As you continue to learn and grow, your true identity may evolve. Embrace these changes and allow yourself to evolve along with them.

## **Overcoming Fear and Judgment**

One of the biggest obstacles to embracing who you truly are is the fear of judgment. It can be terrifying to step outside the mold and show the world your authentic self. But it's important to remember that true happiness and fulfillment can only be found when you live your own truth, regardless of others' opinions.

Often, the fear of judgment stems from our own self-judgment. We are our harshest critics, constantly questioning and doubting ourselves. By

practicing self-compassion and challenging these self-limiting beliefs, we can overcome the fear of judgment and fully embrace who we are.

Surrounding yourself with a supportive community can also help alleviate the fear of judgment. Seek out like-minded individuals who celebrate diversity and authenticity. Share your journey with trusted friends and family members who will provide encouragement and understanding.

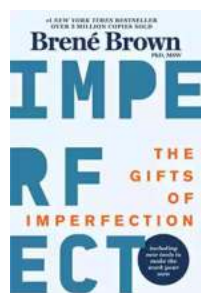
## **Living Authentically**

When you let go of who you think you're supposed to be and embrace who you truly are, you unlock a world of possibilities and opportunities. Living authentically allows you to cultivate deep and meaningful connections with others, as they can sense your genuine nature.

Living authentically also means aligning your life choices with your values and purpose. It means being unapologetically yourself, even when faced with challenges. It means following your passions, pursuing your dreams, and being true to your desires.

Remember, the path to embracing your true self isn't always easy or straightforward. It requires introspection, self-compassion, and a willingness to step outside your comfort zone. But the rewards far outweigh the challenges. The moment you let go of societal expectations and embrace your authentic self, you begin to experience a sense of fulfillment, joy, and peace that can only come from living a life true to who you are.

So, let go of who you think you're supposed to be, and start embracing who you truly are. Your journey to self-discovery and authenticity awaits.



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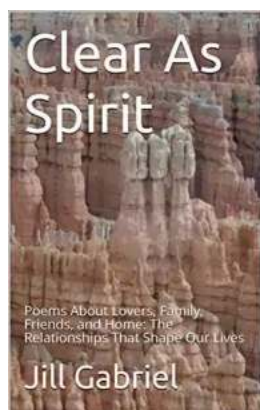


NEW YORK TIMES BESTSELLER • This tenth-anniversary edition of the game-changing #1 New York Times bestseller features a new foreword and new tools to make the work your own.

For over a decade, Brené Brown has found a special place in our hearts as a gifted mapmaker and a fellow traveler. She is both a social scientist and a kitchen-table friend whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. And what's now become a movement all started with *The Gifts of Imperfection*, which has sold more than two million copies in thirty-five different languages across the globe. What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. The guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way.

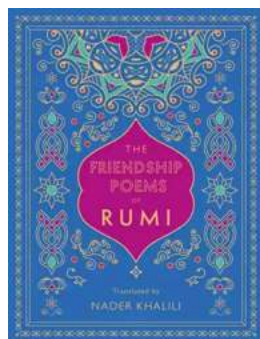
Brené writes, “This book is an invitation to join a wholehearted revolution. A

small, quiet, grassroots movement that starts with each of us saying, ‘My story matters because I matter.’ Revolution might sound a little dramatic, but in this world, choosing authenticity and worthiness is an absolute act of resistance.”



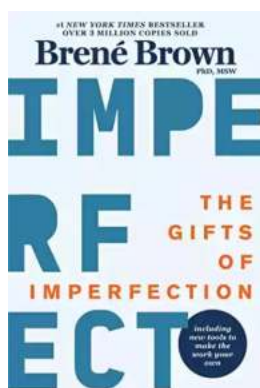
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