



# Presenting Your Authentic Self

## AUTHENTIC SELF DISCOVERY

USE THESE JOURNAL PROMPTS WHEN YOU FEEL STUCK, DISCONNECTED, OVER-POLISHED, UNDER-CONFIDENT, OR LIKE LINKEDIN HAS TEMPORARILY STOLEN YOUR HUMANITY.

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### IDENTITY & PRESENCE

- What parts of myself feel most natural when I stop trying to impress people?
- When do I feel most energized in conversation or collaboration?
- What do people consistently come to me for?
- What kind of environments make me shrink?
- What kind of environments make me expand?
- If my personality were translated into a physical space, what would it look and feel like?
- What values do I refuse to compromise, even when it would be easier?
- What do I wish people understood about me immediately?
- Which compliments actually feel true when I receive them?
- What parts of myself have I been treating like “too much” that may actually be strengths?

### WORK & CREATIVITY

- What kind of work makes me lose track of time?
- What projects have made me feel genuinely proud?
- What impact do I want my work to have on other people?
- What patterns connect the work I love most?
- What skills do I underestimate because they come naturally to me?
- What kind of collaborator am I?
- What do I bring into a room that changes the energy?
- If I could remove fear of judgment entirely, how would I present myself differently?

### PERSONAL BRANDING REFLECTION

- What three words do I hope people associate with me?
- What three words are people probably currently associating with me?
- Where do those overlap?
- What stories from my life explain who I am better than a résumé does?
- What aesthetics, symbols, colors, textures, or themes genuinely feel like me?
- What parts of my identity deserve more visibility?
- What would an authentic online presence look like for me?