



Presenting Your Authentic Self

“AUTHENTICITY CHEAT SHEET”

YOUR NO-FLUFF FIELD GUIDE TO SHOWING UP AS YOURSELF WITH CLARITY, CONFIDENCE, AND JUST ENOUGH DELIGHTFUL IRREVERENCE TO MAKE PEOPLE REMEMBER YOU.

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CORE VALUES

What Actually Matters to Me?

Not what sounds impressive. Not what belongs on LinkedIn. What genuinely guides your decisions, energy, and relationships?

Remember: Your values quietly shape your voice long before your résumé does.

PERSONALITY TRAITS

What Makes Me Recognizably Me?

Prompt: What words do people consistently use to describe you?

Examples: Warm • Direct • Curious • Funny • Grounding • Energetic • Thoughtful • Bold • Observant • Encouraging • Genuine • Charming • Etc

MEMORABILITY

What Do People Feel Around Me?

Prompt: How do you want people to feel after interacting with you?

“I want people to feel...”

“MAXIMUM EFFORT” PROMPTS

The “No Performance Required” Prompt

When do I feel most like myself without trying to impress anyone?

What environments, people, activities, or conversations make me loosen my shoulders and exhale a little?

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The “Future Me” Prompt

If I fully trusted that being myself was enough, how would I show up differently in rooms, meetings, networking, social media, or creative work? What would become easier? What would become unnecessary?



Presenting Your Authentic Self

"FIND OUT WHO YOU ARE AND DO IT ON PURPOSE." - DOLLY PARTON
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THE ANCHOR SENTENCE

Prompt: Build a sentence that sounds like a real human being.

Template: "I care deeply about _____
and I help people feel/do/build _____
through _____."

Example: "I care deeply about helping creative people feel less overwhelmed, and I do that through storytelling, organization, and community-building."

AUTHENTICITY IN ACTION

One Small Moment of Courage

Prompt: Choose ONE situation this week where you will show up more like yourself, not less.

- Options: Networking event Meeting Presentation
- Social media post Difficult conversation Interview
- Creative project
- Other: _____

Prompt: "What would it look like to be 10% more honest, grounded, or human in that moment?"

CREATE SPACE FOR YOURSELF

"Future Me"

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"MAXIMUM EFFORT" PROMPTS

The "Beautiful Contradictions" Prompt

What seemingly opposite traits coexist naturally in me? Maybe you are deeply organized and wildly imaginative. Soft-spoken and commanding. Playful and professional. Authenticity often lives in the places that refuse tidy branding categories.

The "What Am I Pretending Not to Know?" Prompt

What strengths, talents, perspectives, or instincts have I been downplaying to stay comfortable, agreeable, or less visible?

What would happen if I treated those things as assets instead of "extras"?

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