



Raw. Real. Beautiful

The Rewards of Authenticity

There is so much beauty I love in life: the faces of my friends and family; the comfort of my small, country home and being surrounded by nature; the Winter Wonderland just outside my door with its colors and textures and decorations leftover from the festivities of last year.

How often do we sit in front of the mirror and reflect on the things Others don't like about our appearance? Or perhaps we look around at our possessions—the mismatched bedroom furniture or well-loved stoneware dishes—and believe they're not good enough, pretty enough, cool enough. Too often, we truly believe that if anyone looks too closely, either at us or the things we hold dear, they'll notice our imperfections and judge us!

It doesn't matter how much we love ourselves or enjoy our beautiful possessions if we assume that someone else doesn't agree. This conflict negatively affects our relationships because, as women, we are so focused on solidarity and maintaining peace with others that we forego being authentic and sharing our unique personality. Why? Because we value the opinions of others, even when they contradict our own.

For example...

- *I love snow...but my mom thinks it's gross.*
- *I love rescuing dogs...but a coworker thinks they are disgusting and the effort is not worth it.*
- *I love scented candles...but the smell turns my dad's stomach.*
- *I love being generous with my time and money...but a friend thinks I'm wasting my talents; I could be making much more money elsewhere.*
- *I love living outside of the city...but I've been criticized for choosing to commute such a long distance to work.*
- *I love my curves...but I've been called everything from chubby to obese.*

This thought process is UGLY. Comparison kills our joy and ruins the appreciation that should come with authentic relationships. Fear of standing out unleashes doubt that immediately gives rise to feelings of self-consciousness.

For me, the sadness, frustration, anger and resentment that builds from comparing what I want, what I like, and who I want to be to what others want, what others like, and who others want me to be is paralyzing at times.

Ah, yes. I remember this place.

I remember walking the sidewalks and passing billboards that flooded my mind with thoughts of not being pretty enough, thin enough, stylish enough, or successful enough. I recall pulling my coat tight around a body I was ashamed of and keeping my eyes on the cracks in the concrete below my feet—the words “Don't Be Seen” passing through my mind.

Yes, I remember that place well; I have been both visitor and resident there. We all have.

The Fork in the Road

We perpetuate our own misery by trying to live our lives based on what others might think. How to choose what we wear, where we work, who we partner with, how many animals we have, where we live...The list goes on. Adjusting our choices—measuring our worth, success, beauty, and lovability—based on the judgements of things outside of our control is ultimately unfulfilling because someone somewhere will end up not liking a choice we've made anyway. **We cannot live up to standards set by other people.**

Luckily, we don't have to.

We have a choice when it comes to how we think. Instead of listening to the tape of negative self-talk playing constantly in our heads, we can create the set of standards by which we will abide. This takes intention and practice, but the happiness and joy you will begin to feel once doing so will lead you to a life of greater beauty. Once you've seen the beauty in yourself, you will appreciate the beauty all around.

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A Place to Rest

It wasn't too long ago that I made a CHOICE to show up as the most authentic version of myself. I chose to take off the masks I put on each day in order to be approved, accepted, and liked by others. I'm not typically a rude or offensive person by nature, but I am bold and passionate—qualities that are not always received positively. But I feel blessed to have learned that **a person's reaction to my personality is a reflection of THEM, not me.**

What does it mean to be authentic?

Being authentic means that you can be unapologetically you, without owning how other people react! No more worrying about what other people will think of your dreams or your wardrobe. No more second-guessing whether being who you are is good enough. No more being surrounded by people who are there because they like the person you are pretending to be.

The Chosen Path

When we stop DOING things to achieve an outcome of acceptance, approval, and recognition, and we start BEING the truest and best version of ourselves in every moment, then **the possibility for raw, real, and beautiful relationship becomes a reality.**

Give yourself a present.

Letting people go who are not loving you for you opens up the door for people to come into your life who do love you. People who want to know you, rather than judging what you are wearing or second-guessing the career path you've just made. The path of authenticity is one that brings flow and ease in all of your relationships.





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***“Do not try to make sense
of my madness or structure
my chaos. Love me as I
am or leave me be...”***

– Becca Lee

Beauty is embracing yourself, being vulnerable and accepting your flaws. Beauty is raw, real, and messy. Most importantly, beauty is choosing your own path—a path that is different for each of us—but that leads to the universal reward of having authentic relationships.

If we live in alignment with our own values—listening to our intuition and following our passion—without concerning ourselves with the thoughts of others, we won't end up feeling isolated and alone. Instead, our life will be one that is exciting and authentic—one that is full of people who are beautiful because of their spirit and commitment to living life on their own terms. We will love our lives and our *selves*, whether or not anyone else feels the same.



Now is the time to choose true beauty for your life. Now is the time to be authentically you. I wish you love for yourself, and ease in your relationships.

Julia Rose is passionate about working with women and mothers around creating their best life possible. No stranger to the challenges that life can and will throw your way, she has learned that setting limits, saying no, owning her choices, taking care of herself, and being unapologetic and authentic has brought more peace, joy, and connection to her life. She desires for every woman to know that she already has everything she will ever need inside of her. Connect with Julia Rose through her website juliarosecoaching.com or email julia@juliarosecoaching.com.