

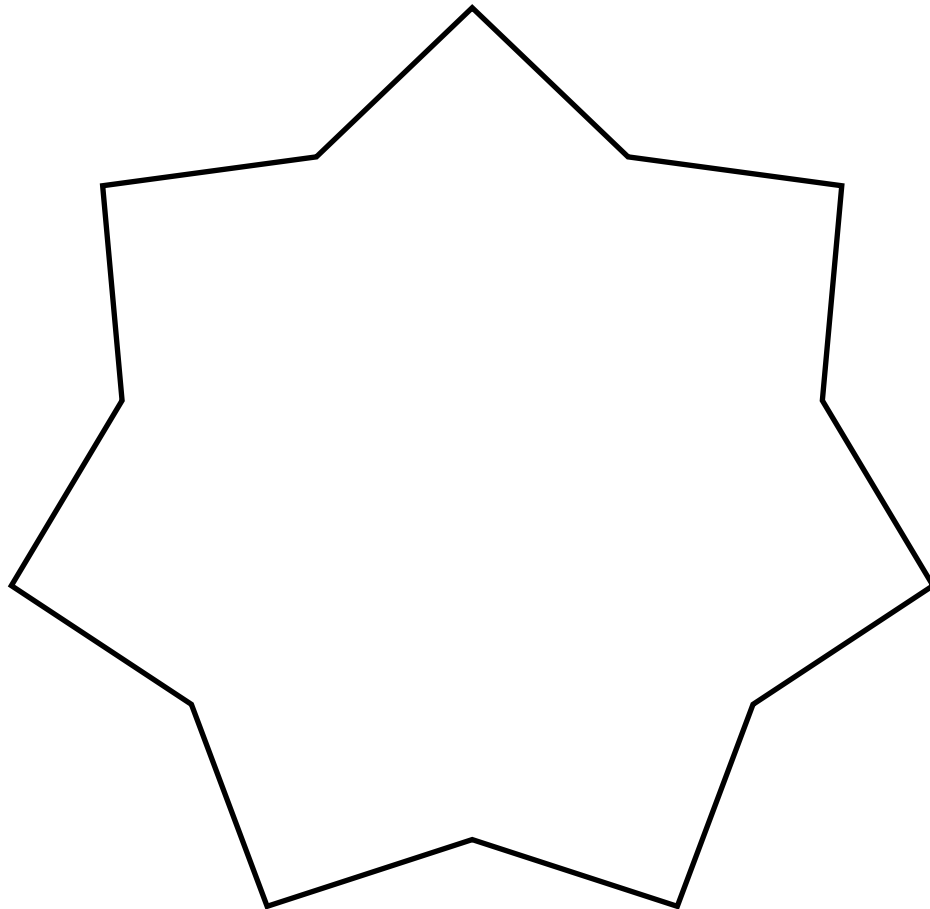
Authenticity

The video "Authenticity" shares powerful advice and guidance from a variety of role models about the importance of staying true to yourself. We are all unique, and our differences should be celebrated!

Try This!

To be authentically yourself, you have to identify the things that make you unique. Use the shape below to identify as many unique parts of yourself as you can. Write each trait in one of the star's arms. Then, answer the question that follows.

What Makes Me Unique



How can you focus on these traits to stay authentic or true to yourself?
