

20 Tips to Uncovering

*Your True Self*



# *Tip #1*

## **Take Long Walks**

When you take long walks, it can help inspire in you mindfulness and spiritual practice and can assist you in defining how you'd like to fit into the world around you.

# *Tip #2*

## **Meditate Daily**

Take a few minutes every day to engage in quiet meditation so that you can give your mind a chance to rest, and reveal quiet truths to you.

## *Tip #3*

### **Try Breathing Exercises**

Try adjusting your breath through concentration to bring added oxygen to your entire body. It will help you feel more relaxed and calm.

## *Tip #4*

### **Visit Your Family**

They can remind you of who you are and where you come from. It is much easier to be yourself around your family. Observe yourself.

# *Tip* #5

## **Look to Your Past**

Look to your childhood and remember what you wanted to be when you were older. Take time to revisit these dreams to see if something is missing in your life.

# *Tip #6*

## **Take Up Yoga**

A form of meditative exercise, yoga links breathing and movement. It can help you be more present, improve your mind-body connection, and increase self-awareness, which can help you discover your true self.

# *Tip #7*

## **Learn Something New**

Expand your horizons and grow as a person to uncover your true self. When you Try new things it can help you discover what you like life.



# *Tip* #8

## **Start to Create Art**

Creating art is a wonderful way to express your true self and help you live authentically.

# *Tip #9*

## **Journal**

Journaling can allow you to let your feelings out, which will help you identify what you feel and how you feel it.

## *Tip #10*

### **Step Out of Your Comfort Zone**

Challenging yourself in to step out of your comfort zone may be rewarding and allow you to discover more about yourself.

## *Tip #11*

### **Consider What Makes You Happy**

Make a list of the things that make you happy. When you make a list of the things that you love, it can remind you of who you are.

## *Tip #12*

### **Surround Yourself with the Right People**

You are the sum of who you surround yourself with, so surround yourself with people who you consider to be authentic.

## *Tip #13*

### **Set Goals**

Set goals that are important to you, rather than working toward goals that others want for you.

## *Tip #14*

### **Take Action**

Think of congruent actions that you can take to feel more authentically, rather than what you were told you should be.

## *Tip #15*

### **Acknowledge You Have Blind Spots**

Everyone has blind spots when it comes to living their life. Seek out the perspective of people in your life that you trust and who know you well.



## *Tip #16*

### **Enjoy the Moment**

Uncovering your true self-begs for oneness with the moment. It's the moments that you crave that speak to your authentic self, and all you need to do is listen.

## *Tip #17*

### **Remove Distractions**

Taking time away from your digital gadgets can help you rest with your thoughts and ideas.

## *Tip #18*

### **Wing It Sometimes**

When you place no restrictions or expectations on your present, there is a spring of beauty waiting to flow from deep inside you.

## *Tip #19*

### **Serve Someone Else**

Participating in a project or purpose that is greater than yourself will help you uncover your true self. Authenticity will spill over when you put the needs of others before your own.

## *Tip* #20

### **Show Your True Colors**

Be open and vulnerable with those around you.

This also means that you have to take an honest look at all your flaws, whether real or imagined that keep you from uncovering your true self.