



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

How to Be Your Authentic Self

Being your authentic self involves self-awareness, self-acceptance, and a commitment to live in alignment with your true values and beliefs. Above all, it is believing in yourself and your ability to shape your life. Understanding, recognizing, and expressing your story helps develop you, so you can *be true to yourself*.

- Reflect on your values and beliefs.
 - Use *CHIRP* (Courage, Honesty, Integrity, Responsibility, Perseverance).
 - Make decisions based on your values.
 - Set goals and pursue them.
- Identify your *sparks*.
 - Pursue your passions and interests.
 - Use a growth mindset to discover and grow as a person.
- Embrace your strengths and weaknesses.
 - Turn *mud thoughts* into *clear thoughts*.
 - Make a *genuine apology*.
 - Tap into the power of positive thinking by believing in your own talents.
- Let go of external expectations.
 - Use a growth mindset.
 - Celebrate your own and others' uniqueness and diversity in our world.
- Practice self-compassion.
 - Use self-care to be your best.
 - Learn to embrace and nurture yourself and others to feel fulfilled.
 - *Fill your own bucket* with good thoughts and feelings.
 - Embrace your identity to celebrate your uniqueness.
- Express yourself honestly.
 - Use *healthy talk*.
 - Listen to your inner self.
 - Embrace your culture.
 - Tell the truth, even when it's not easy.
- Set boundaries.
 - *Use your lid to stop, think, and visualize* what is happening.
 - Walk away from toxic situations.
 - Use conflict resolution skills.



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- *THINK.*
- Surround yourself with people who care for you.
 - Identify friends that will have your back.
 - Identify caring adults and build a relationship with them.
 - Identify support systems available to advocate for you.
- Challenge negative self-talk.
 - Speak up to set things right.
 - Use positive affirmations.
 - Know you have the personal power over how you respond.
- Take risks and embrace change.
 - Give *second chances*.
 - Be inclusive and accepting of differences.
 - *Speak your voice* to advocate for yourself and others.
 - Develop a *growth mindset* that embraces trying new things.
 - Be a world changer by standing up for the rights of others.
- Notice and name your emotions.
 - Say to yourself, "I am _____."
 - Allow feelings to stand and move through them in appropriate ways.
 - Practice skills to influence your emotional reactions.
- Listen to others.
 - Make eye contact.
 - Read body language.
 - Identify social cues (verbal, physical) to determine how others feel.
 - Connect with empathy.
- Express gratitude.
 - *Invite, include, and make everyone feel welcome.*
 - Express appreciation for the people in our lives.
- Intentionally let others know you appreciate them.
 - *Be a bucket filler.*
 - *Understand and care* about others.
 - Practice intentional acts of caring.
 - *Be a friendship role model.*
 - Be kind to self, to others, and to earth.
 - Use *friendship boosters* to connect and build relationships.