

Living Authentically — 10 Questions

Authenticity is not a state you reach once and keep forever. It is a daily practice. It is the constant decision to choose truth over comfort. This checklist helps you check in your everyday life how close you are to yourself.

R. DU.

The 10 Questions of Authenticity

1. Did I say "Yes" today when I meant "No"?

We often agree to things to avoid conflict or to be liked. Every inauthentic "Yes" is a "No" to yourself.

2. Did I hold back my true opinion out of fear of rejection?

Adaptation secures belonging, but it costs us our soul. Where did you make yourself smaller than you are today?

3. Did I do something today just to receive recognition?

Are you acting from inner conviction or from the need for applause?

4. Did I numb my feelings today (through food, media, work)?

Which feeling was so uncomfortable today that you had to run from it?

5. Did I compare myself to others today?

Comparison is the end of authenticity. You can only be yourself, not a better version of someone else.

6. Did I wear a mask today?

Were you the confident achiever, the funny friend, the understanding listener — even though you felt completely different inside?

7. Did I take my own needs seriously?

Or did you once again place the needs of others above your own?

8. Did I do something today that truly brings me joy?

Not because it's useful, not because it's productive, but simply because it makes your heart sing.

“Be the creator, not the spectator of your life.
Follow your inner compass.”

9. Was I honest with myself today?

Did I acknowledge my own weaknesses, mistakes and fears without judging myself for them?

10. Did I follow my inner compass today?

Did I listen to my intuition, even when my mind said something different?

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"There are times when you don't want to explain yourself. You just want to be real."

Don't use these questions to judge yourself. Use them as a compass needle that shows you where you are right now and in which direction you want to go.