

Honoring Authenticity



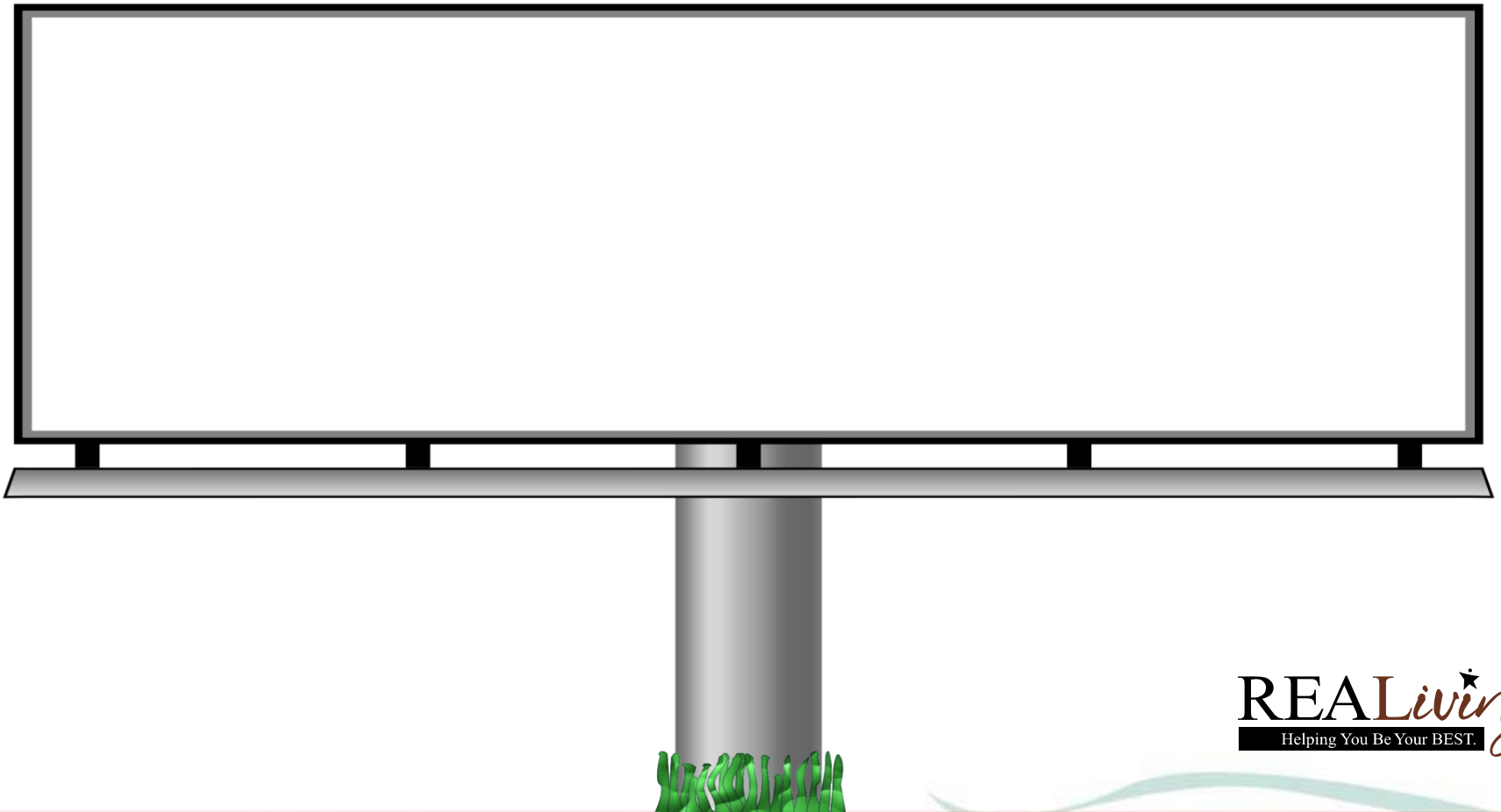
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Definition

- Merriam-Webster dictionary defines “authentic” as true to one's own personality, spirit, or character.

Billboard Activity

- What does yours say?



Billboard Activity



Billboard Activity

- What does yours say?

1. Do unto others as you would have them do unto you.
2. Follow the 10 Commandments.
3. Practice what you preach.
4. It's better to have tried and failed, then to never have tried at all.
5. Early to bed, early to rise ...

Does It Match?

- Would others say that your billboard matches your actions?

Boundaries

- Merriam-Webster defines “boundaries” as something that indicates or fixes a limit or extent

How do you protect your billboard using boundaries?

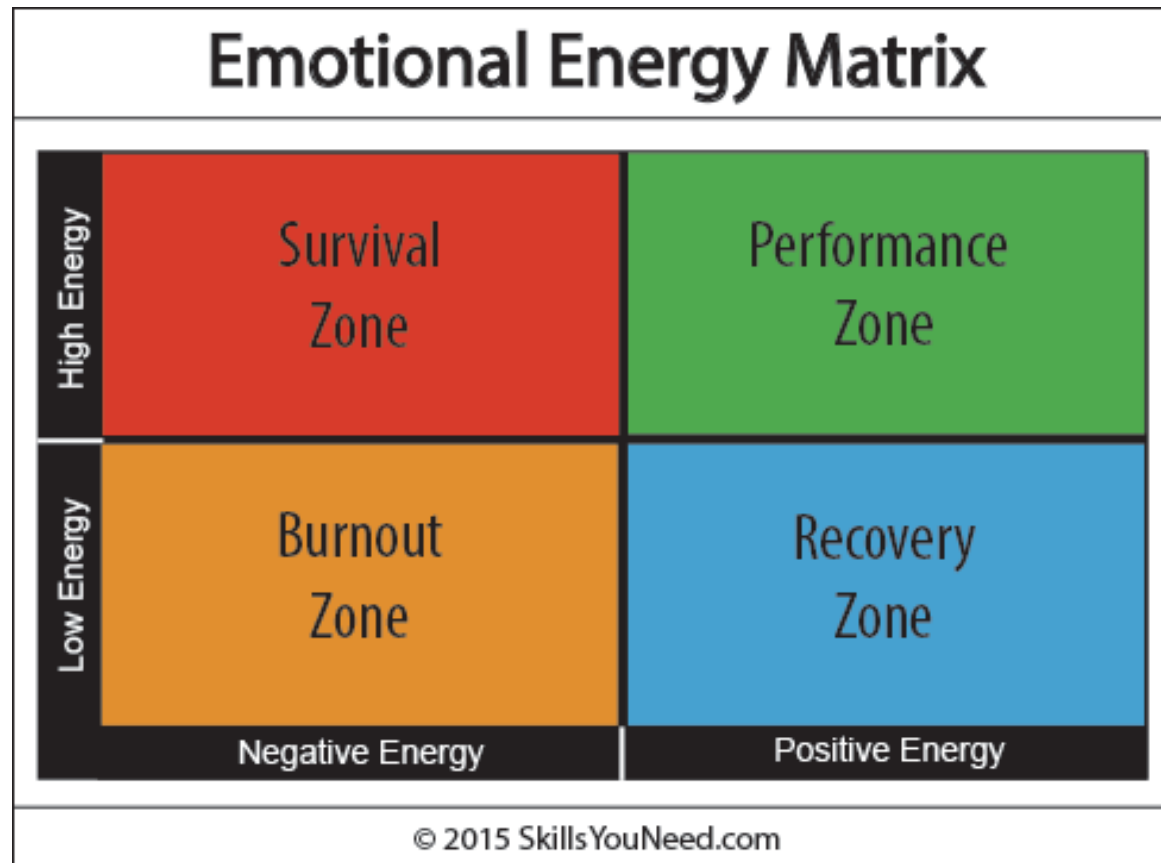
Honor Your Authenticity (personal boundaries)

- [Honor YOU by setting boundaries](#)

Honor Your Authenticity (personal boundaries)

- At REALiving, we call this self-management.
- Julie Hanks called it “protecting your own emotional energy.”

Personal Boundaries = Self-Management



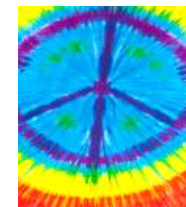
Personal Boundaries = Self-Management

Reducing Stress Symptoms

- What Do You Do to Relax?



- Peaceful Reality: Banish Negative Thought Patterns



Honor Others' Authenticity

(professional boundaries = self-management)



Staying in Bounds

- Sharing personal information
- Not seeing behavior as symptomatic
- Using nicknames/endearments
- Touch
- Unprofessional demeanor
- Accepting gifts/favors/tips
- Over-involvement
- Sexual attraction/relationships
- Keeping secrets

Honor Authenticity By Helping:

- To find purpose and happiness in your life
- To work on goals and build skills
- To make connections and build relationships

Honor Authenticity

- ***Social responsibility*** is an ethical theory, in which individuals are accountable for fulfilling their civic duty; **the actions of an individual must benefit the whole of society**. In this way, there must be a balance between economic growth and the welfare of society and the environment. If this equilibrium is maintained, then social responsibility is accomplished.

Honor Your Authenticity

SOULPANCAKE

