

4 steps to LIVING AUTHENTICALLY

1

Who would you love to be?

- Make a list of what makes you truly happy. Don't leave anything out & don't be afraid to list anything, even if it feels ridiculous.
- There are no rules on how to be YOU. Let go of who you think you 'should' be.
- Where are you NOT being authentic, and instead you are compromising or faking?

2

What makes you feel good?

- When we feel good around certain people, or in certain places, this is usually a great indicator that we are accepted and being our authentic selves.
- Spend more time with them, and less time doing things that make you feel bad.

3

Learn to manage your fear of judgement.

- We all have fears around being judged or rejected if we showed our true selves.
- If you think a fear of judgement from others sounds like you, email me at naomi.battah@outlook.com to see if 1:1 coaching can help break down those fears.

4

Embrace speaking your truth.

- Practice speaking up for yourself. Start small in a safe space to build your confidence muscle. Online groups & communities with shared interests are a great place to start!
- We discuss our fears around being judged by others in my free Facebook group, "Brave New Girl - with Naomi Battah" all the time! Join us today to start learning about how to live an authentic and joyful life.

I am running a 6-week course to help you
LIVE AUTHENTICALLY!

Join my mailing list here to be the first to get
details & register!



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