

uniqueness

be your

REAL

TRUE

Self

By Julie Furlong

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TRUE YOU!

There is only one you

People who make an impact on humanity are the ones who are the most different and unique, and, unfortunately, often do feel excluded as a result.

Your true strength and beauty is your own uniqueness. If you can see that in others, you should see it in yourself too – the people who stand out the most and make a true difference are the people who exercise their individuality and are themselves, rather than trying to conform and be like others.

Being yourself enables you to pass on optimism and positive energy, which forms good life habits to others in your close circle.

So, whenever you read this, I challenge you to find your true unique self. Spend some time, energy and attention on growing and becoming yourself, discover who you really are and what you stand for, because in return I guarantee you will become a stronger human being.

Here are some tips
I have applied in the past and
researched to help you find your

unique self

1

Try as many experiences
in life as possible,
**what have you
got to lose?**

2

Never miss an
opportunity
that you come across.

3

LET GO OF THE PRESSURE
TO PLEASE OTHERS,
you'll be much happier and
comfortable within yourself.

4

PEOPLE WILL SAY 'NO' TO YOU

but don't let anyone stop you! Keep reminding yourself you
can do anything and you will start believing it. **The more you
believe, the more it will become true.**

5

Start being honest about who you are, both with yourself and those around you – tell your story, take the risk of being heard,

AND INVITE OTHERS TO UNDERSTAND IT.

6

Allow yourself time and energy to become you, the real inner you.

Pay attention, learn, develop and experience things to help you become your best, most authentic self and enjoy what you really want.

7

Be confident & courageous, embrace yourself for all that you are and

ALLOW YOUR intuition TO GUIDE YOU.

8

DON'T CONCERN YOURSELF WITH BELONGING TO EVERYONE ELSE'S 'NORMAL', OR EVEN WORSE: REJECTION.

9

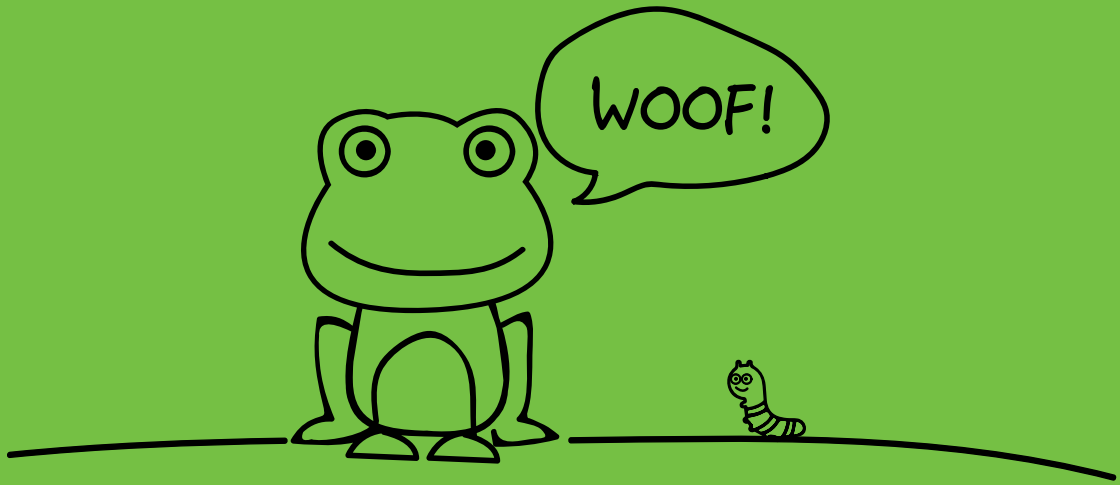
Be open minded,

slow to judge, tolerant and respectful of others.

10

Be independent, think for yourself, plan your passions and dreams, and keep going,

BECAUSE ONE DAY YOU WILL BECOME THAT PERSON.



*"You laugh at me for being different;
I LAUGH AT YOU FOR
BEING THE SAME."*

- Kurt Cobain

At the end of the day, don't you want
people to like you for who you really are,
not for whom you try to be like!

When you're yourself, you will attract the right people who like you for you and your independent mind. When you are genuine and honest, it also sets the foundation for stronger, more satisfying friendships and relationships. This eliminates room for unsupportive people in your life who keep you from growing and being your unique you.

Everyone has strengths and weaknesses, so also remember to respect others in the same way you wish to be given respect.

You owe it to yourself to live up to the truest version of you. The chance for progress, change and greatness stops the moment we try to be like everyone else.





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