



Keren Tsuk



Instagram: @kerentsuk | wisdomtolead.co



Ways

to Show Up, Authentically

A lot has been said about the importance of showing up authentically, in how living our authentic self creates a meaningful life. It's both liberating and engaging to live from our core, to dare to show up authentically and be vulnerable. However, this aim is also challenging, and it's a skill that we need to practice and nourish.

For me, living authentically means connecting to my core values and beliefs, and living in alignment with these.

Take an onion. Each onion has a core that is covered by layers upon layers, created as it grows. We are the same. Each and every one of us has a unique core at our center. However, during our lives, we accumulate layers like those of the onion to both protect us and to cover up our unique self. Layers emerge from the various interactions we experience in life. We may add layers when we are vulnerable, when we are hurt by a dear friend, or when we were punished after acting out in a way that our parents didn't approve.

Each layer provides us with a buffer between who we really are and the world around us. This pattern continues to a point in which we have so many layers we don't remember who we are anymore. At some point, we disconnect from our own selves, from our own core.



Keren Tsuk, PhD, is the CEO and founder of Wisdom To Lead and the author of Mindfully Wise Leadership: The Secret of Today's Leaders.



THE FIRST STEP IN BEING AUTHENTIC IS CONNECTING BACK TO OURSELVES BY PRACTICING MINDFULNESS AND UNDERSTANDING WHAT WE ARE FEELING IN EACH MOMENT.

Too often, we are at a meeting, driving a car, or having coffee with a friend, and our body is there, but we are not. We are absent from our presence. We must dare to ask ourselves: How do I feel in this situation? Do I feel comfortable, ashamed, angry, discomfort, or disagreement? How does how I feel resonate with my own belief system?

Asking ourselves these mindful questions is a skill that we need to practice. In the beginning, we won't be familiar with our feelings and sensations in each moment. Dare to ask yourself and observe what arises from becoming aware, even if it takes time.



THE SECOND STEP IS TO ALLOW SPACE FOR YOUR EMOTIONS TO EXIST.

Experience your emotions. Allow them to be present within yourself, without trying to stop them from taking place. You can feel various emotions at the same time: Part of you can feel happy, while another part can be curious, afraid, angry, and so on. Instead of trying to control your uncomfortable emotions, invite curiosity.

When we create space for our emotions and acknowledge them, they won't manage us. Even if we are usually disconnected from our emotions, this doesn't mean that they do not exist. In fact, denied emotions may show up in an intense way and manage us. If I am angry, and I don't acknowledge it, for example, I may act upon my anger and shout or snap at others. Once we allow our emotions to exist, in contrast, we can change and transform them, using that emotional energy for a better purpose.



THE THIRD STEP THAT WILL BRING YOU CLOSER TO LIVING AUTHENTICALLY IS TO DARE TO SPEAK YOUR TRUTH.

Once you acknowledge your emotions and the experiences you are going through, you can speak about them with purpose. For example, if I feel anger, I can tell my spouse or colleague that I am feeling angry right now, and ask to postpone a discussion for another time or concentrate on a new task together. Doing that, I know that, later on, we will have a more fruitful conversation. In this way, I can separate my feelings of anger from my actions. My anger does not manage me, and instead I can name my feelings so that the people around me understand my choices. In this way, I can open a space for exploring our mutual work or discussion without judgment and create space for collaboration.

In daring to bring ourselves fully, with our full experiences, our thoughts, feelings, and emotions, we can live a more authentic life. Being open to a mindful approach will create space for deeper personal connections and better solutions to emerge, at work and at home.