



SIMPLE YET PROFOUND

Am I Living Authentically?

By Kimberly Hambrick

Like many of you, I ended 2019 with a time of review and reflection. I do this annually to celebrate my growth and learning. And to better prepare me for the upcoming year. One area of reflection focused on authenticity. Am I truly being authentic? And am I authentically living my life consistently?

For me, being authentic means that I am comfortable in my own skin. That I believe in myself. That I am no longer concerned what others think or believe in me. Authentic means that I am being the person I was created by God to be. That I have finally discovered and embraced the gifts I was fully resourced at birth with. And that I am using my gifts without hesitation or fear to add significance to others.

I can absolutely say YES to these statements. My intentional work in my own growth and busting through my own BS—belief systems—provided me the foundation to own these statements. However, two months into 2020, I am still leaning into the second question: Am I doing this consistently?

As a dear mentor says, “we are perfectly imperfect,” I have moments when doubts creep in. When someone shares their views about me and for a split second, it stings. Those moments are few and far between. But they still exist.

In the past, another person’s view of me had the potential to set me into a spiral of negative thoughts. I doubted myself so much that someone else’s view became my view of me. And then, I added that negative thought into my limiting self-belief suitcase until it became a three-piece set of luggage that weighed me down and kept me stuck.

But as I write this, I realize that although those moments creep in, they do not have the same effect on me as they have had in the past. When a negative thought bubbles up, I quickly realize it as negative and then I take a pause and ask myself “is there truth in this thought or not?” If the answer is no, I quickly dismiss and move forward.



If the answer is yes, I then determine what I can control and change versus what I can’t control. This one simple yet profound step of focusing on what I can control and change has improved the quality of my life greatly. For example, if someone shares a negative opinion about me and I see a kernel of truth in it, I focus on what I can control. Spending energy on trying to change someone’s opinion of me is useless energy. But I can make a decision to change a behavior of mine that caused this negative view, if important to me. This is where my power resides.

Being authentic and vulnerable is how we connect and win in life. Ask yourself “am I being authentic and living authentically?”

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