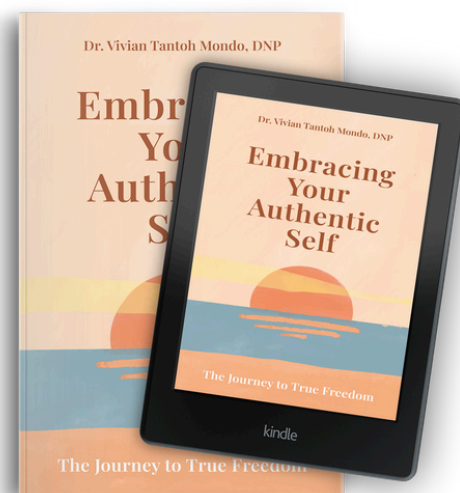


Embracing Your Authentic Self



Dear Reader,

Thank you so much for reading *Embracing Your Authentic Self: The Journey to True Freedom*. It's an honor to walk alongside you as you explore what it means to live with clarity, courage, and compassion rooted in your truth.

This book was born out of my own journey through self-doubt, people-pleasing, and the deep desire to break free from others' expectations. I pray that it speaks to the parts of you that long to be seen, heard, and embraced, fully and unapologetically.

I've included a set of book club questions to help spark meaningful reflection and connection as you discuss the themes of authenticity, self-love, vulnerability, and resilience. Each of you brings something unique to this journey, and your insights have the power to deepen the experience for others. Please share openly and listen with care.

If you feel inspired, I'd love to see your book club gatherings, reflections, or favorite moments from the book. Please contact me through my website, DrVivianMondo.com, so that I can celebrate this journey with you.

Your support means the world to me. If the book spoke to you, I'd be grateful if you left an honest review on your favorite retailer site. Your feedback helps others find this message and encourages them to take the courageous step toward living authentically.

Thank you for being part of this beautiful movement toward freedom, truth, and healing.

With gratitude,

Dr. Vivian Tantoh Mondo, DNP



BOOK CLUB & SELF-DISCOVERY QUESTIONS

Understanding Authenticity & Self-Discovery

- **The Gift of Authenticity:** Dr. Mondo describes authenticity as a gift both to ourselves and others. How have you experienced this in your own life? Can you share an example of when someone's authentic behavior gave you "permission" to be more genuine?
- **Perfection vs. Progress:** The book emphasizes that "progress is a better indicator than perfection." What areas of your life are you still chasing perfection in, and how might shifting toward progress change your approach?
- **The Masks We Wear:** Dr. Mondo writes about wearing masks to meet societal expectations. What masks have you worn in different areas of your life (work, family, social settings)? Which ones feel heaviest to carry?

Confronting Conditioning & External Influences

- **Childhood Messages:** In Chapter 2, the author explores how family messages shaped her identity. What key messages did you receive growing up about who you "should" be? Which ones still influence your decisions today?
- **The Weight of Expectations:** Dr. Mondo describes feeling like she was "walking a tightrope, perpetually fearful that one wrong move would make me fall." When have you felt this pressure from external expectations? How did it impact your choices?
- **Deconstructing Your Script:** The book encourages questioning whether our beliefs are truly ours or inherited from others. What's one belief you've always held that you're now questioning? What would happen if you let it go?

Fear, Self-Doubt, and Inner Criticism

- **The Inner Critic:** How would you describe your inner critic's voice? Is it harsh or compassionate? What phrases does it repeat most often, and where do you think those messages originated?
- **Fear as a Barrier:** The introduction mentions that "fear of rejection, failure, and inadequacy" creates barriers to authentic living. Which of these fears resonates most with you, and how has it shaped your behavior?
- **Reframing Self-Talk:** The book suggests asking, "Would I say this to a friend?" when our inner critic speaks. Try this exercise now—what would change about how you talk to yourself?

Practical Application & Growth

- **Progress Over Perfection:** Share an example from your life where embracing imperfection led to growth or deeper connections. How did it feel to let go of the need to be perfect?
- **Setting Boundaries:** Dr. Mondo discusses learning to say "no" as part of authenticity. What's one area where you need to practice better boundaries? What makes this challenging for you?
- **Celebrating Uniqueness:** The book encourages celebrating "the qualities that make you uniquely you." What are two to three qualities you possess that you've been hesitant to fully embrace? Why?

Integration & Moving Forward

- **The Timeline Exercise:** If you were to create a timeline of influences as suggested in Chapter 2, what would be 2-3 pivotal moments that shaped how you see yourself? How do those messages show up in your life today?
- **Living Authentically in Relationships:** How might embracing your authentic self change your current relationships? Are there relationships where you feel you can't be fully yourself?
- **Your Authentic Future:** Dr. Mondo writes about waking up "with deep, unshakeable peace, knowing that every choice you make flows from your innermost truth." What would your life look like if you fully embraced your authentic self? What's one small step you could take this week toward that vision?