

AUTHENTICITY: **NO TRICKS** **NO TREATS**

**FOSTERING AUTHENTICITY OF SELF ONLINE TO MATCH
ONES OFFLINE PRESENCE ENABLES INDIVIDUALS TO
EMBRACE THEIR UNIQUE IDENTITIES AND VALUES
WITHOUT PRETENSE.**

**THREE PRACTICAL TIPS TO PROMOTE
AUTHENTICITY, SELF-AWARENESS, AND
SELF-ESTEEM IN A DIGITAL AGE:**

- **CURATE AN ONLINE PRESENCE MINDFULLY**
- **PRACTICE DIGITAL SABBATICALS &
PROMOTE SELF-REFLECTION**
- **CULTIVATE POSITIVE ONLINE
RELATIONSHIPS**

