



Be You

*Your life
depends on it!*

~ A simple guide to seizing the power of authenticity ~

ORIGINAL VOLUME



Safiya Briscoe-Francis

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Be You: Your Life Depends On It! – Original Volume

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Purpose of the Book

The aim of this book is to allow you to hold a mirror up to yourself in the comfort of your own solitude. As you embark upon this journey of exploring yourself through this book, I want you to look at your own reflection with the same compassion and gentleness that you would a young child trying to find their way. After all, we are all trying to find our way as best we can and I hope this book serves as a useful tool to aid you through this worthwhile endeavour we call life.

I am not here to give you answers to your life's problems, rather I am here to give you the right questions, so you can shift your life into gear and get it on the right track.

Each chapter is self-contained, so you can immediately turn the pages to any relevant chapter. It is my hope that you will find this book applicable throughout each stage of your life and refer back to sections as much as you need.

Preface

Be natural. Be authentic. Be you. This is a message we hear so frequently nowadays, but what does it actually mean? I think more and more we are longing to be our authentic selves, as society's progression brings us further and further away from who we are. We try to find our way back to ourselves in the darkness of this complicated world and yet, we remain lost. Our incessant quest for answers is futile without the right guidance. Being authentic seems simplistic on the surface, but in reality it takes more effort and practice than one would initially presume.

We are complex beings with many layers, some of which are surface-level. Authenticity is the ability to break down or surpass these layers and uncover what makes up the very fabric of our being, while keeping the precious core intact.

We can understand authenticity as three components: 1) Self-reflection 2) Self-awareness and 3) Responsibility.

The very first layer is **self-reflection**, because how can you *be* who you are unless you *know* who you are? You have to take a look inwards and begin a journey of self-discovery. In this fast-paced society, we have become very proficient at processing the information we receive from the world around us. However, we are much less proficient at gathering information from within. We are going to change this, turn the tables and look inside of ourselves; for all that we seek lies within.

This process of self-reflection and deep thought should naturally lead you to greater levels of **self-awareness**. This is where you seek to understand why you are who you are. You are no longer merely gathering information; you are digging deeper and

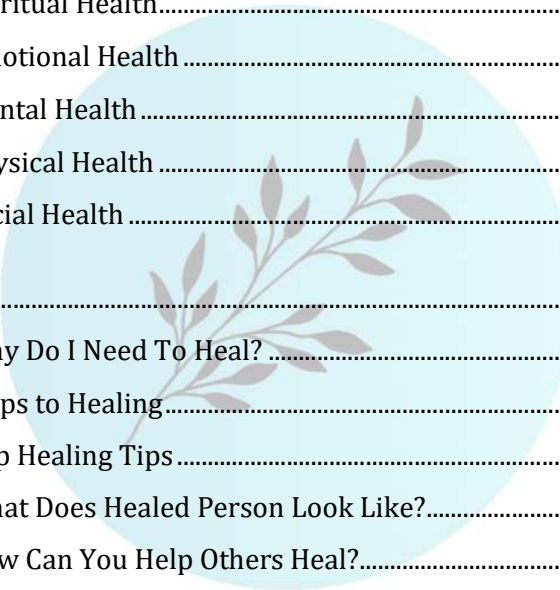
investigating the source of your self-observations. “*Why do I do this? Why do I think that? What makes me want this? When did I start doing that? How do I find myself in these situations? How do my actions affect them?*”. We are led to ask such questions when we are in the pursuit of understanding ourselves; and being truly committed to finding these answers is what we call self-awareness.

Although self-reflection and self-awareness take place primarily in the mind and thus, cannot be externally observed, these are the layers that exist closer to the surface. The deepest layer, the one that requires an extra level of commitment, is where you take full **responsibility**. You use your understanding of who you are, including the why and how behind it, in order to take full responsibility for your actions. Once you realise how integral all parts of you are, you will see that your actions have a greater role in determining your life’s outcomes.

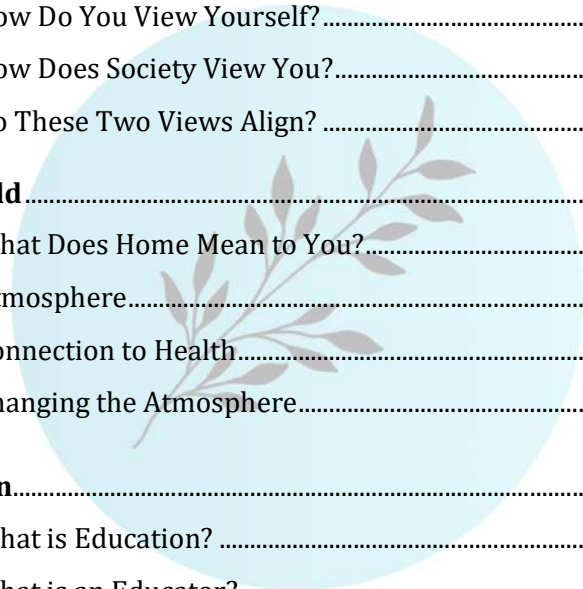
This is where your real power lies.

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TABLE OF CONTENTS



What does being responsible mean?	10
Your Emotional Life	14
Health & Wellness	19
Spiritual Health.....	20
Emotional Health	31
Mental Health	37
Physical Health	41
Social Health	51
Healing	55
Why Do I Need To Heal?	56
Steps to Healing.....	58
Top Healing Tips	65
What Does Healed Person Look Like?.....	71
How Can You Help Others Heal?.....	71
Loneliness	76
Loneliness vs Solitude.....	77
Crisis.....	77
Causes of Loneliness.....	78
Correlation with Health	79
How to Cope.....	82



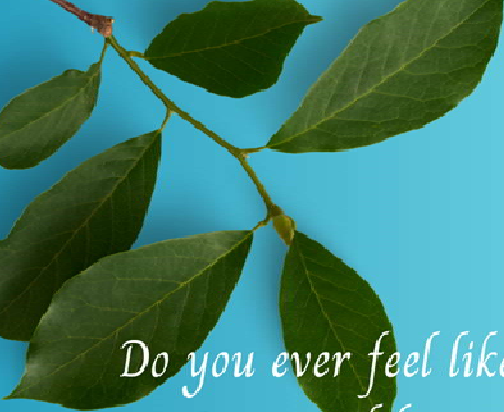
Relationships	88
Types of Relationship.....	89
Assessing Your Relationships.....	102
Appearance	117
Elements of Appearance	118
How Do You View Yourself?.....	120
How Does Society View You?.....	121
Do These Two Views Align?	123
Household	125
What Does Home Mean to You?.....	126
Atmosphere.....	126
Connection to Health.....	128
Changing the Atmosphere.....	132
Education	134
What is Education?	135
What is an Educator?.....	135
What is a Learner?.....	136
Responsibilities	136
Profession	145
Job, Career or Entrepreneurship.....	146
Why Do You Do What You Do?.....	147
Wellbeing	147

Considerations.....	152
Leisure	164
Types of Leisure.....	165
Impact of Your Leisure.....	167
What You Enjoy.....	168
Barriers.....	170
Mindset: Abundance vs Lack	175
Abundance Mindset.....	176
Lack Mindset.....	177
What's Your Mindset?.....	177
How Does Mindset Express Itself?.....	178
Where Has Your Mindset Come From?.....	183
Common Misconceptions.....	184
Collective Responsibility	189
Poem – Behind Their Eyes	192
Bibliography	195
Book Suggestions	198
Note from the Author	199
Author Disclaimer	200
About the Author	201
Coming Soon	202
Stay in Touch	203

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Do you ever feel like you just can't be yourself? It seems like everyone has the right answers except you. Every time you try to do things your way, they just never seem to work out.

YOU are not the problem. Once you take the leap and delve into this book, you will find that you were never the problem. In fact, YOU are the solution...you always have been. Start your journey now and discover, first-hand, how the power of authenticity can transform your life.



Be you. Your life depends on it.