

How to Uncover & Own Your Authentic Story

(and how it impacts your success)



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Module 2: Your Take on Life

Be yourself; everyone else is already taken.

– *Oscar Wilde*

Many art dealers can look at a forged piece of art, no matter how good, and know that “something’s just not right.” They know it intuitively.

In the same way, if you forge comments to repeat what most people are saying and win acceptance, we know it. On the other hand, when you speak from your own take on life, you ring true for us. You stand out.

We do ourselves such a disservice when we discount our take on life--when we don’t express from our unique treasure of knowledge and experience. We don’t realize that our attitude, interpretation of knowledge, and thoughtful view of life are the things that make us unique and interesting.

It’s all about showing up in conversations in an authentic way. When you do this, you will become more and more “fluent in you.” You will be more and more yourself in conversation; and you will hear yourself say things you didn’t know you knew.

First, consider your areas of expertise—the knowledge and credibility you’ve accumulated and the observations you are qualified to make.

For me, it’s the field of communications. I have studied or worked in journalism, advertising, broadcasting, public relations and public speaking my entire career.



Along the way, I noticed that something was missing in the way so called “presentation skills” were being taught: experiences in storytelling that could uncover one’s true wisdom and natural command in life.

Since starting Interact, I have worked with scores of one-of-a-kind storytellers from every walk of life, each of them having something extraordinary to say.

Professionally, I have watched us move from the formal approach to communication to an era that values vulnerability and authenticity.

I am fascinated by the power of the human connection to build trust and break down the awkwardness that keeps us separate.

Here’s what I know: uncovering and owning your story will increase your overall success in life.

Here are four areas to explore. This is not a formal writing assignment, or a psychological profile. We are simply identifying your influences.

Your Turn

List the topics on which you have studied or worked, from gardening and hospitality to physics, and everything in between.



Pick one topic on which you can express yourself easily.

Why is it important to you?

What trends have you noticed?

What are you fascinated by?



Answering these questions will give you a glimpse into what it means to share your take on life.

We can't wait to hear all about it.

Next up, download

**Module 5:
Stories for Your Organization**

**Learn to tell your story as your best, authentic self.
Reach out today. We would love to hear from you.**