

Radical Authenticity: Claiming The Truth of Who You Are

Skillshare x Justin Michael Williams



This kit is
for you,
to live
radically
and unapolo-
getically
as yourself.

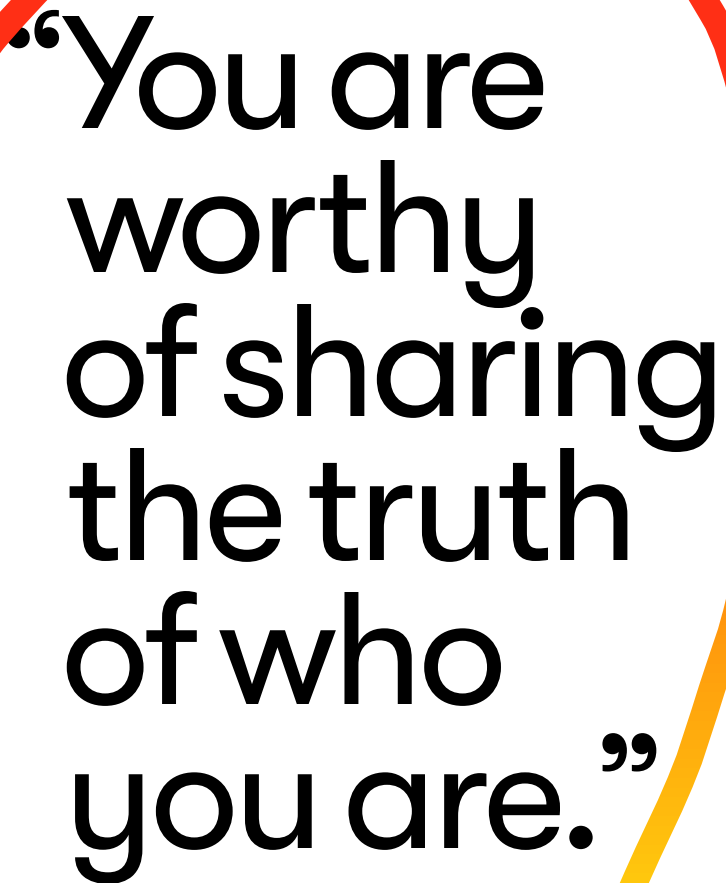
Right now, more than ever, it's important that all of us – people of all genders, religions, identities, backgrounds, and orientations – step into our full power. This guide is here to help you unlock and discover the Truths hidden inside of you, especially those that have been blocked or locked away. As you fill in the prompts on these pages, I have one invitation for you: be radically honest. Say the things you're scared to say. Say the things you would never say aloud. Let yourself go there. Because step one of saying YES to your journey... is saying YES to yourself.

On this 3-part journey you will claim your truth, meet your shadow, and find your authentic action, so we can share it far and wide.

Thank you for saying yes. For showing up.
The journey begins... now.

Let's rock it,
Justin Michael Williams for Skillshare

P.S... [listen to this guided audio practice](#) before you get started, it'll help you dig much deeper.



“You are
worthy
of sharing
the truth
of who
you are.”

– Justin Michael Williams

If one sentence could define my existence as a young queer boy it would be this:

I had to deny everything I really loved.

I wanted to be a cheerleader–NOPE.

Ballet dancer–NOPE.

Singer–NOPE.

Gymnast–NOPE.

Flag twirler–NOPE.

My parents would never let me. They would’ve been too ashamed. And don’t even get me started on the boy I was madly in love with at 14...

Regardless of your gender identity or orientation, we’ve all had the experience of denying a part of our truth. When we close our eyes, we can often feel and imagine a part of our lives we haven’t started living yet. We can see the truth of who it is that we were born to be.

In this first step of our journey together, we are going to answer one big question: what do you want? I mean, what do you *really* want?

Jot your thoughts down without judgment by filling in the blanks below. Make space for doodling and freewriting what comes to you.

If I wasn't holding back, the thing I really want that I'm sometimes afraid to admit is:

The story I've told myself about why I can't have it is:

When I imagine myself being with what I really want,

I feel _____ and _____

When I close my eyes and imagine having what I really want, here's what I see *(feel free to write or draw everything you envision. Having trouble? Go back to the guided meditation):*

This is how I feel fully admitting this to myself:

I deserve:

My relationship to desire is:

What I desire most for the world is:

The reason that's important to me is:

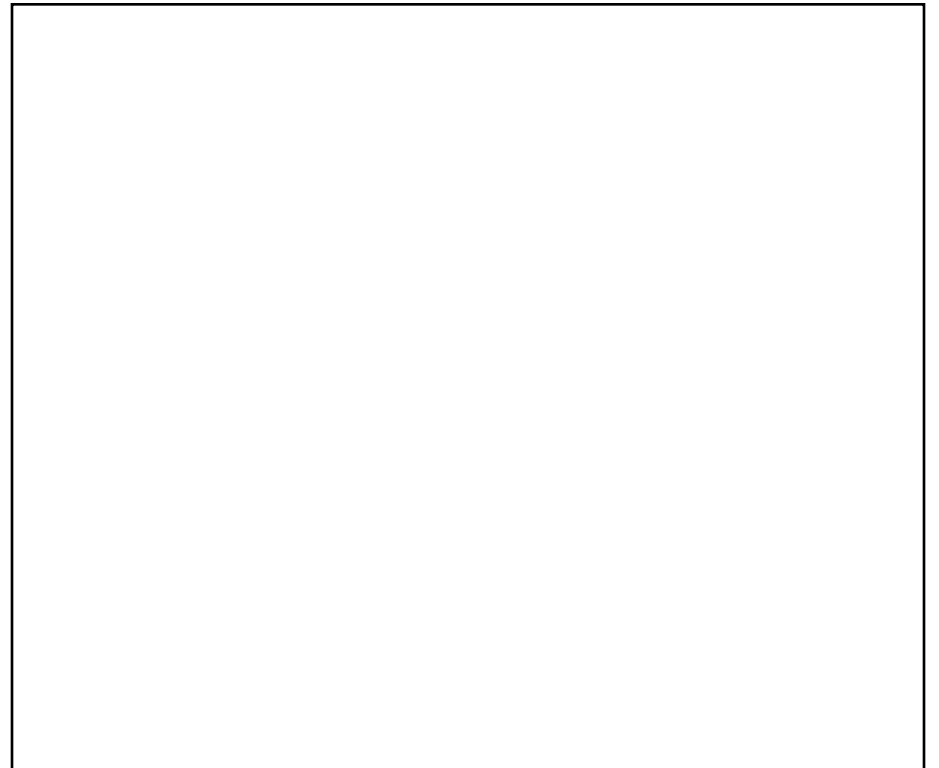
I am:

We are:

I am proud of myself for:

I am ready for:

This is your space to: draw, muse, observe, reflect,
do nothing, dream everything.



You don't "get
rid" of fear.
You don't
"overcome"
fear. You
learn to prove
it wrong.

This section will focus on shadow work. Again you're listening to the meditation, and welcoming what you're about to uncover without judgment. This section might feel a little uncomfortable, but we lean into the knowing and becoming.

One of the collective traumas the queer community shares is many of us spent the first 18+ years of our lives pretending to be someone we're not. What you practice grows stronger, so it's no surprise that so many of us spend our adult lives trying to reclaim the true self that got pushed into the shadows.

This is why PRIDE is so important for a community that has spent so many generations being shamed.

But you don't have to be queer to experience the trauma of shame. Many of us can think of a part of ourselves that we hide. The part that feels unlovable. The part that we judge. The part that we carefully manicure and put away to present a perfected version of ourselves to the world.

Everything hiding behind that wall of shame is considered to be in your shadow.

But your shadow doesn't just hold your trauma. It holds your greatest gifts. Because behind the fear of shame and judgment – there's you. In your full glory.

Shadow (n.):

any part of life unto which you have not shined your light of awareness. Shadow is the term for what we don't see or reveal about ourselves, but that shapes who we are, how we act, and how we make our way through the world.

For example, as a kid, I got teased and bullied at school for my sexuality, but praised for my academics. And just like that, my shadow was born. I stuffed the Justin who loved to sing, and dance, and express into the shadow in fear of being “too feminine,” and instead presented a likeable, “successful,” chronic-overachieving version of myself to the world. A version of myself I knew people would accept. The only way I was able to awaken my authentic voice as

a singer and author was to 1 heal the trauma of being bullied and teased, 2 release the desire to be liked by everyone, 3 love on the child within me who I pushed away.

When your shadow is in control, you don't even need the original oppression to exist. We oppress ourselves.

Every element that is illuminated has a counterpart in the shadow. It can be uncomfortable to sit with those traits (the things we often judge as bad or unsavory), but growth comes from acknowledgment and acceptance that showing up as our whole selves means welcoming both our light and shadow.

Hold yourself with great tenderness and compassion as you explore these prompts. We all have a shadow. So grab a flashlight, and let's explore.

Shadow Exploration Questions

What do you least want to show others about yourself?

What do you least want to show yourself about yourself?

Hiding these parts of myself holds me back from truly:

When I imagine sharing these parts of myself openly, I feel

_____ because I'm afraid that _____

The first moment I can remember hiding these parts of

myself was when I was _____


What happened then was _____

What I was afraid of then was _____

But now I know _____

A way this shadow might still be holding me back now is

But I am ready for _____



“With enough pebbles thrown into the pond at the same time, a ripple becomes a wave. May we become the waves of change.”

- Shelly Tygielski

How can we transform what we've uncovered to action? Can we lay out the things we care about in this world alongside what we've uncovered about our voice and ourselves? And with those in mind, can we use this opportunity to commit to a sustained action plan to better humanity?

The work we do on ourselves is not just for us. It's for the world. It's for the generations to come and the generations before us who paved the way for us to even think about things like mental health, manifesting, and life purpose.

Together, we've uncovered hidden truths. We've brought light to our shadows. Now it's time for the most important part – action. Authentic action.

What do you feel called to do?

Use this space to tether your desires to action. It might be small – like making time to express gratitude to someone who doesn't receive it enough. Whatever it is: embrace the small and the gargantuan. Reflect. Remove distractions. And then center some sustainable milestones you can take with you to show up for others.

You are enough.
You are golden.
You are light.
You are shadow.
And you are
strength when
you share all of
that with others.

What I’ve learned about my desires is:

What I’ve learned about my shadow is:

My Authentic Milestone Map:

The first step I will take is

1 week from now I will have

1 month from now I will have

6 months from now I will have

9 months from now I will have

1 year from now I will have

And I will be proud of myself because I will have

I am ready. I am worthy. I deserve this life.

You are ready to share the truth of who you are with the world. And no matter what you've been through or what's going on in your life, know your light cannot be dimmed when you also welcome your shadow. All of it is your power.

Come back to the guided audio practice as much as possible. It'll help remind you of your power. Take this practice with you. Repeat it as you need. Whether it took a day, a week, a month, a year. You are enough.

If you are hoping to dive deeper in this inner-work, grab a copy of my book, [Stay Woke](#) and join our Skillshare Original - *Meditation for Action: 10 Days to Boost Your Productivity, Creativity & Power*. Our community is rising strong and we are rising together.

And anytime you fall off track (because we all do), use this affirmation to guide you back home to your power. Hint: Paste it somewhere you can see.

With great love,
Justin Michael Williams, and the entire
Skillshare team

I am
ready.
I am
worthy.
I am
enough.
I deserve
this life.