

# Authenticity: Speaking from Discovery

*This practice can be used to speak from discovery about a particular issue, or to speak from discovery as a check-in for how you are right now.*

*A key concept is that your discovery is about you. As simple as this is, it is a significant skill to learn to shift attention from 'the problem' or from other people to what you are discovering, the only person you really are in charge of. When sharing this with others, use "I" language.*

