

Be yourself just as you are

Orange is the colour of happiness and grounding. Surrounding yourself with its vibrancy brings out your confidence, writes colour coach Betsy Karp

Are you speaking your truth, walking the walk and talking the talk, or are you hiding behind your truth? I was having coffee with a friend and she asked, "How do we find that confidence in ourselves when we don't feel it?" I said: "I believe that confidence is a mixture of competence and trust in who you are and what you know. It's stepping outside of your comfort zone." When we play in the arena of life, it gets messy and we screw up. The answer is in not being perfect, which is what makes you real. It's being authentic and just being who you are, as you are.

Confidence is the quieter you. It's not boasting or bragging. It is being humble. It is living life, experiencing everything and most importantly, being open. Let go of the way you want it to turn out. It's funny, but sometimes we really don't want to admit how much we like surprises. If we knew it all we would be so bored.

I find when I surround myself with the colour orange everything shifts in my world. I feel happier and more grounded. I bought a card today for me, which was odd and funny, but felt great. This gorgeous, handpainted, orange card says, "Courage (small steps, big heart)" on the outside. On the inside it says, "As you move forward, know that I am here for you." I inscribed it: "To Betsy, I believe in all of you just as you are," and I signed my name. I read it when I'm feeling alone, frustrated and wanting answers. It helps me to just be and appreciate who I am. It was an act of love for myself. It makes me smile every time. Orange is the colour of courage.

Getting out of our own way challenges us to grow and learn, experiencing it all. When we break down the barriers of fear, isolation and shame, we move forward and grow in our lives. It's saying, "I'm okay in my own skin. I like me." When you truly like you, you are the real deal.

The biggest relationship we have in life is the one we have with ourselves. Yes, we have mothers and fathers and brothers and sisters and lovers and children and friends, but we are brought into this world alone, as one, and we go out as one. Along the way we share it with many people, but when we really get down to it, the relationship that makes our lives work is the one we have with ourselves.

If you are true and honest, not only talking the talk but walking the walk (because only you know when you aren't really being honest with yourself), well, then you are the real deal. You kind of know it when you are. Anyone can become the real deal. So speak your truth and live your truth.

Another way I live my truth is by reading and rereading Don Miguel Ruiz's *The Four Agreements*.

- The agreements are:
1. Be impeccable with your word
 2. Don't take anything personally
 3. Don't make assumptions
 4. Always do your best

These agreements are something I practise and preach every day. It's not about gaining the approval of others, but learning to love and approve of oneself.

So where do you fit in this picture? Do you see yourself as the real deal? If not, be honest with yourself. Take time for you and make yourself happy. Relax and don't be so hard on yourself. Learn to meditate, breathe, let go and accept yourself for who you are. This makes you the real deal. It's okay to just be you. ◊

IMAGE: SHUTTERSTOCK



Betsy Karp is the colour coach. She is a certified health and wellness counselor, chef, painter, designer, writer and speaker. Betsy is the creator and founder of I adore me, through which she helps transform lives through colour. Her goal is to help women find their passion and true self to live the life of their dreams. Betsy is an expert on the benefits of colour and how it impacts women's outlook, disposition, energy, success and life. Learn more about colour and how it affects you through Betsy's website, www.iadoreme.com

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