

AUTHENTIC

AN ALL STAR ATHLETE IS AUTHENTIC IN
THEIR ACTIONS AND WORDS.

AUTHENTICITY IS THE DAILY PRACTICE OF LETTING GO OF
WHO WE THINK WE'RE SUPPOSED TO BE AND EMBRACING
WHO WE ARE.

BRENE BROWN



NOW GO SHARE YOUR STORY OF SOMEONE WHO IS TRULY AUTHENTIC IN ALL STAR USING THE HASHTAG: #THISISALLSTAR