# THE AUTHENTICITY AUDIT

The Seven

Questions to See If You're Losing Yourself Abroad"

"Are you blending in... or disappearing?"

**Gaone Ronkwane** 

# "You're surviving, but at what cost?"

Strategic adaptation feels smart — but slowly erodes who you are. Every shortcut you take to "fit in" leaves a scar on your authenticity.

This workbook gives you 7 questions to reflect on. Write down your answers honestly. By the end, you'll see clearly whether you're blending in strategically or disappearing silently.

If this audit feels uncomfortable, it means you need the 7-step sovereignty framework in my eBook.

"Do you use a Western nickname instead of your real name?"

Every "Tony" instead of "Oluwaseun" is a piece of history erased.
✓ Your Answer:
★ Reflection Prompt:  "How do you feel when someone uses your real name vs your nickname?"
"Have you stopped cooking/eating African food because it 'smells' or feels inconvenient?"
Hiding culture in your kitchen leads to erasure in your soul.
✓ Your Answer:

Reflection Prompt:

it?"

"What African dish makes you feel at home? When was the last time you cooked

"Do you laugh off stereotypes instead of correcting them?"	
Every laugh is silent approval — and silent erosion.	
✓ Your Answer:	_
<b>★ Reflection Prompt:</b> "What stereotype do you hear most often? How could you respond differer next time?"	ıtly
"Do you avoid speaking your language in public to 'blend in'?"	
Silence is not neutrality. It's cultural disappearance.	
✓ Your Answer:	_
<b>★ Reflection Prompt:</b> "What word/phrase from your language gives you strength? Could you start us t confidently?"	ing
"Do you seek safety only in minority pods (without building bridges of power)?"	
Comfort is not the same as influence.	
✓ Your Answer:	_

## Reflection Prompt:

"How can you expand beyond your comfort zone to build power, not just safety?"

unprofessional	,,,			
Denying your em	,	ou to shrinl	κ.	
Your Answe	r:			

#### \* Reflection Prompt:

"What part of home do you miss the most? How can you honor it instead of hiding it?"

Climbing their ladder doesn't matter if you forget your own	
mountain.	
✓ Your Answer:	

#### \* Reflection Prompt:

"What does YOUR version of success look like? Write it down in your own words."

### Scoring & Reflection

"How Many Times Did You Answer 'Yes'?"

- 0-1 Yes  $\rightarrow$  You're adapting smartly but still sovereign.
- 2-4 Yes → You're blending in too much; risk of slow erosion.
- 5-7 Yes → You're disappearing. Urgent action needed.

Soon, My 5 day Email Mini-Course, tailored for you to recognize whether you're blending in strategically or disappearing silently. **Here is what you will understand by day 5**;

- Why culture shock is actually your spiritual training ground
- How to turn their discomfort with your authenticity into your competitive advantage
- The integration framework that honors both worlds without sacrificing either
- Why the most successful Africans abroad are the ones who stayed most authentically African.