

Fatima Sana Shaikh: “While People May Know Me, They Don’t Really Know the Real Me”

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On the latest edition of *Grazia India*’s Cool List 2025, actress Fatima Sana Shaikh reflects on a year of change—professionally, personally and publicly. “Professionally, I’ve been promoting my films, giving a lot of interviews and stepping out more, which is a huge step for me,” she admits.

She adds: “Usually, I’m someone who prefers staying at home and not putting myself out there too much. So, while people may know me, they don’t really know the real me.

Redefining Success & Self

Fatima recounts how her mindset around success has evolved with age. “As a child you don’t know much so things are just happening to you. ... When you grow up, you start questioning everything ... Instead of your confidence increasing, it actually goes down.” [Grazia India](#)

She says that rediscovering trust in her instincts—both as a performer and as a person—has been an important part of her journey.

Learning From The Environment

When asked about learning from her roles, she reveals she learns more from her environment than from the characters themselves: “I grow personally while working with people. That’s where I’m truly challenged.”

Choosing Authenticity Over Approval

Fatima emphasises the value of authenticity: “Just being yourself, that’s what really matters ... If you try too hard to be cool, you’ll never actually be cool.”

She’s learnt that aiming for approval or replicating someone else’s version of success often leads to discontent. Instead, she focuses on the one thing she can control: her craft and her truth

She further explains how navigating difficult workplaces and addressing power disparities have shaped her personal growth and values.

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