



5 Tips To Engage Your Authenticity

Use any or all of these tips to engage that awesome authenticity that makes you, you!

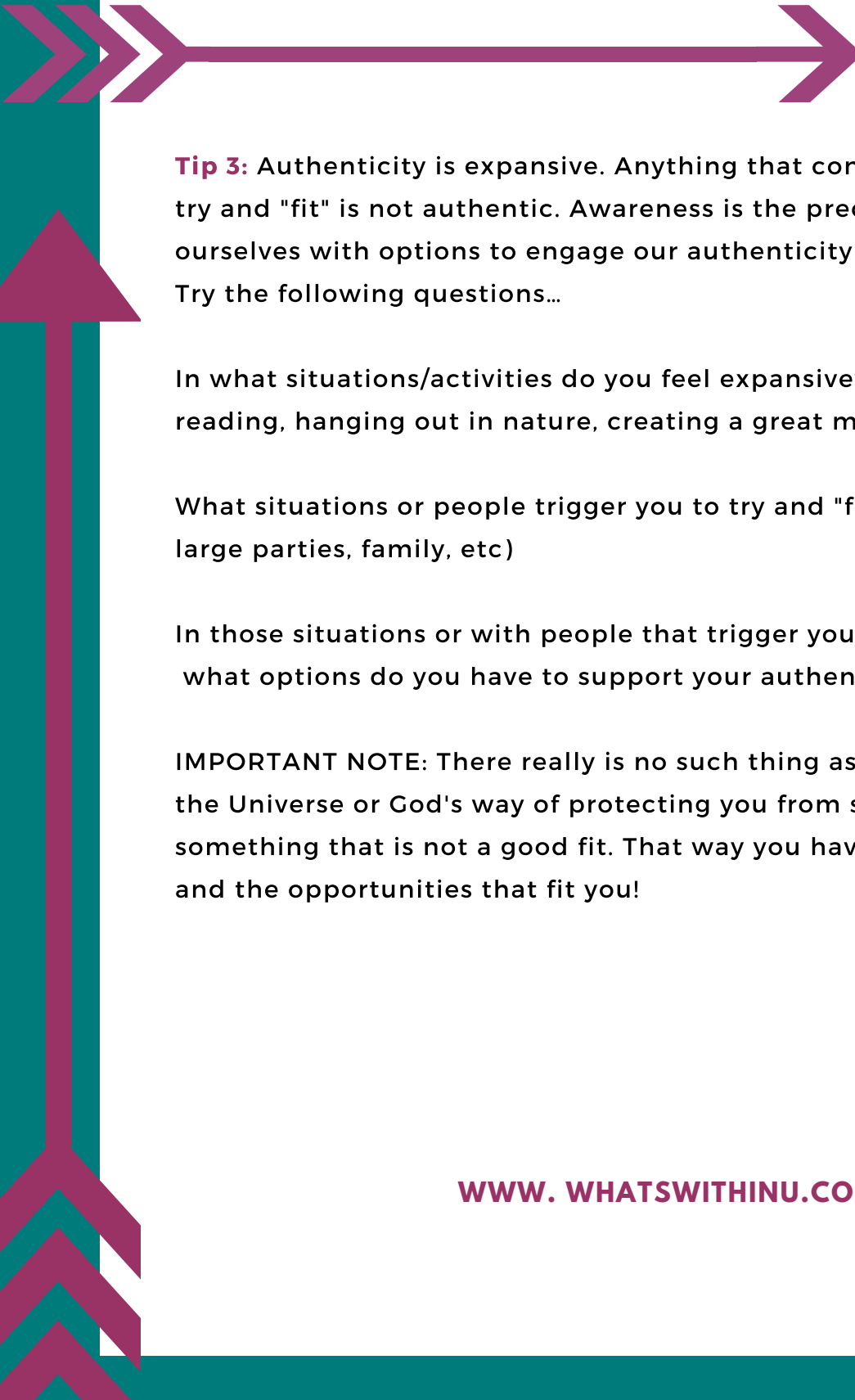
Tip 1: Get clear of your core values. I call values our soul's DNA because when we do things that fit our values, things flow. We settle less and we make decisions that fit who we are. So here's the deal-o...I have comprised a list of about 500 values. I know that sounds like a lot, but let me say the more comprehensive the better. And rather than have you read through all of them, running the risk of overthinking what's on the list, I've recorded the list. The recording is about 15 minutes and it's well worth the listen. As you're listening, write down the values that create excitement and evoke a positive feeling. Please do not write down the values that "would be nice to have" or that "should be on the list."

Tip 2: Take signals from your body. Our body serves as a great GPS system when we are doing something that is authentic to who we are. For the next 10 days check in with your body's reaction or your feelings when you're doing something. If you're feeling some of the following, you're doing something that clicks with you.

Ease	Relaxed	Happy
Peace	Fun	Flow

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What's Within



Tip 3: Authenticity is expansive. Anything that constricts or forces us to try and "fit" is not authentic. Awareness is the precursor to providing ourselves with options to engage our authenticity and expansiveness. Try the following questions...

In what situations/activities do you feel expansive? (For example, reading, hanging out in nature, creating a great meal for friends)

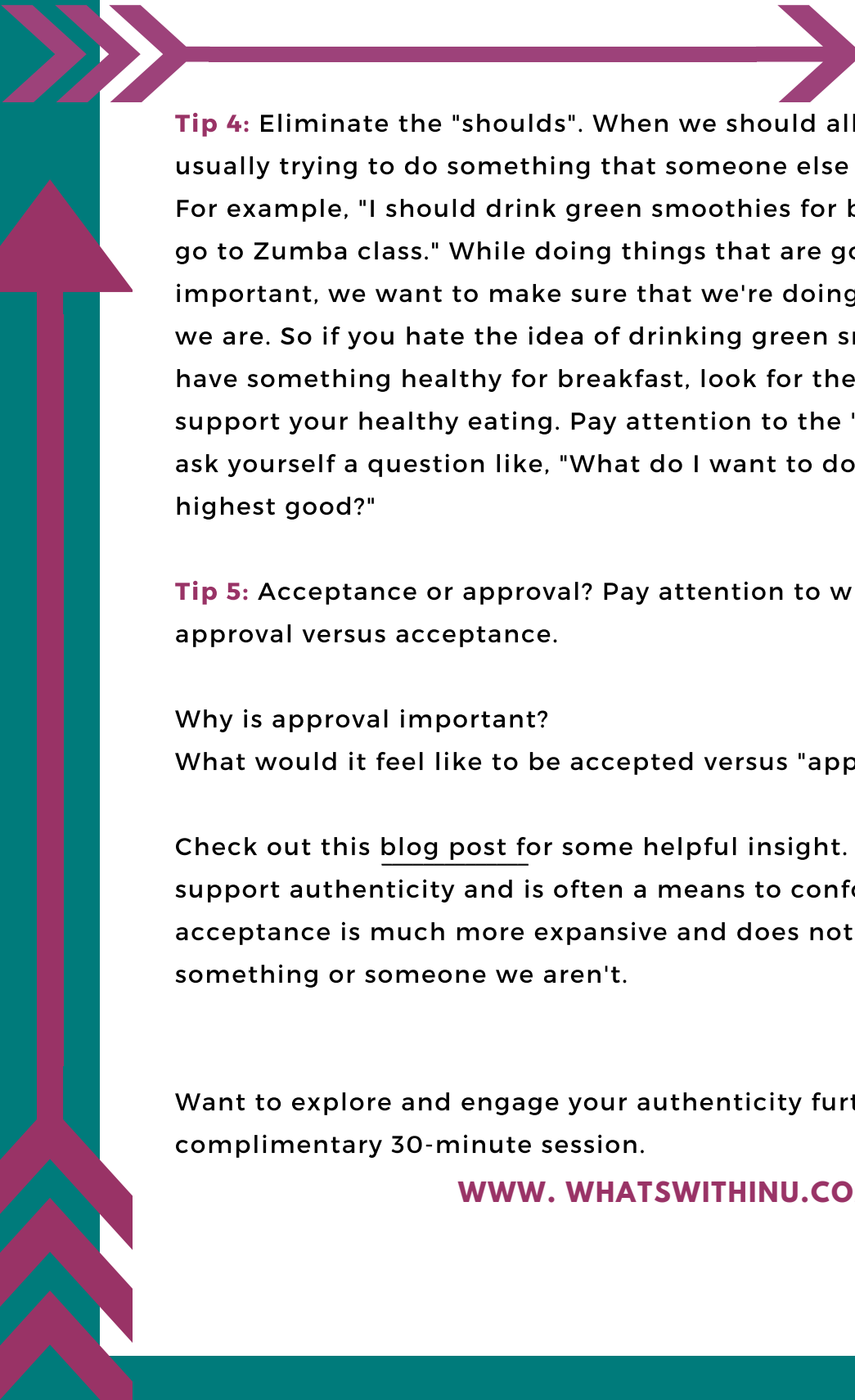
What situations or people trigger you to try and "fit in"? (For example, large parties, family, etc)

In those situations or with people that trigger you to try and "fit in", what options do you have to support your authenticity?

IMPORTANT NOTE: There really is no such thing as a rejection. It's just the Universe or God's way of protecting you from someone or something that is not a good fit. That way you have room for the people and the opportunities that fit you!

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What's Within



Tip 4: Eliminate the "shoulds". When we should all over ourselves, we're usually trying to do something that someone else said we should do. For example, "I should drink green smoothies for breakfast." "I should go to Zumba class." While doing things that are good for us is important, we want to make sure that we're doing things that fit who we are. So if you hate the idea of drinking green smoothies, but want to have something healthy for breakfast, look for the options that will support your healthy eating. Pay attention to the "shoulds" and then ask yourself a question like, "What do I want to do that will serve my highest good?"

Tip 5: Acceptance or approval? Pay attention to when you're seeking approval versus acceptance.

Why is approval important?

What would it feel like to be accepted versus "approved"?

Check out this [blog post](#) for some helpful insight. Approval does not support authenticity and is often a means to conform. While acceptance is much more expansive and does not require us to be something or someone we aren't.

Want to explore and engage your authenticity further, [contact me](#) for a complimentary 30-minute session.

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