




4 Tips To Engage Your Authenticity

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

Tip 1: 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 | Bliss |
| Peace | Fun | Flow | Excitement |

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Tip 2: 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!



Tip 3: 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 4: 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"?