

# Living An Authentic Life!

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Sitting around with a group of friends, discussing the issues of the day, I realize each of us were seeking to find the path to an "Authentic life." Yes, an "Authentic Life." That means being true to yourself and embracing God's plan for your life. I know for many people this is a foreign concept and feel they are too busy to even consider what this would mean for their lives. I can tell you it would mean peace, joy, and fulfillment with yourself and life.



It is a journey that happens when you wake knowing you have been given a gift. A gift of another day on this earth. The question is..."Will you fill it consuming stuff or empowering yourself to listen to your inner voice that has been trying to get your attention for a long time." That voice that will guide you to who you are and how you can experience real and sustaining happiness.

When you are on the path to an "Authentic Life" you will find your world changing. You may find old friends leaving your path and new one's coming into your life. When buying shoes, clothes, and more stuff use to be top on your list of priorities...now have found a place in the back of your closet of know concern. It is funny how the change in your life happens. It doesn't come at a certain age...or experience...it comes gradually and over time it evolves and you realize you are different. You are clear about what is important to you and what you want to see in your life.

The process for many always has a spiritual awakening. That doesn't mean you have just found God. It means the relationship has become stronger...intimate and living in you in a way that you must experience to truly understand. The stress of everyday life doesn't have the same affect it use to. You know all will work to the good and the outcome will not have a negative effect on your life. Joy is something you experience more and more for know particular reason. It's like a rebirth to the person you were meant to be and you like her or him and you accept all the imperfections with a smile.

## **Are you asking yourself the following questions?**

- What do I want to be when I grow up?
- Can I really make a living doing what I love?
- What is my life's work?

## **The following situations may fit you:**

- Are in a career transition?
- Are in a relationship change?

Can't seem to get ahead in your career?

Feeling burned out, stuck?

Starting a new business and feeling overwhelmed?

Need to develop your leadership/management skills?

Are you nearing retirement and would like direction as you enter this new, exciting phase of your life?

These may be signs that you are seeking change...change that allows you to be true to yourself. Your inner voice is getting stronger and directing you to what you need to feel complete. Directing you to an authentic life that allows you to cleanse yourself of old worries and embrace a simpler lifestyle that has room for you. This is a perfect time to start a journal on what you are feeling and what you want. This will be useful when you start to put your action plan together to live authentically. Remember, writing down your thoughts will make your needs real and desired outcome a reality.

### **Some Ways to Live Authentically...**

- Know your purpose - Are you wandering through life with little direction - hoping that you'll find happiness, health and prosperity? Identify your life purpose or mission statement. This will help you stay on track to your goals.
- Know your values - What do you value most? Make a list of your top 5 values. Some examples are security, freedom, family, spiritual development, learning. As you set your goals - check your goals against your values.
- Know your needs - Unmet needs can keep you from living authentically. Take care of yourself. Do you have a need to be acknowledged, to be right, to be in control, to be loved? List your top four needs and outline how to get them achieved.
- Know your passions - Honor those things that make your heart sing. Whatever it is, do more of it!
- Live from the inside out - Increase your awareness of your inner wisdom by regularly reflecting in silence. Commune with nature. Breathe deeply to quiet your distracted mind.
- Honor your strengths - What special talents do you have? List three - if you get stuck, ask those closest to you to help identify these. Are you imaginative, good with your hands, etc? Express your authentic self through your strengths.
- Take time to play - Give yourself time to recharge doing things you love to do or by just doing nothing.
- Be aware of your self-talk. Are you blocking your potential? Check out your first thoughts when you wake tomorrow. Are they supportive, encouraging or positive?
- Surround yourself with inspiration - Keep a success journal. The last day of each month, write down all your accomplishments, both big and small.
- Serve others - When you are true to who you are, living your purpose and giving of your talents to the world around you, you give back in service what you came to share with others - your spirit - your essence.

SOURCE: SOME WAYS TO LIVE AUTHENTICALLY FROM [HTTP://WWW.AUTHENTICLIFEINSTITUTE.COM/ARTICLES.HTM](http://www.authenticlifeinstitute.com/articles.htm).

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