

Authenticity Lecture

It will benefit you to read the lecture and watch the video

To be authentic is to know who we are. Who you are and what you say determines what you stand for.

If you think of all the workings that occur in your body automatically; you don't keep track of your heartbeat and tell it when to beat, you breathe without having to think about it.

Your word and your actions are the only part of you that you can have control over. You may even think you can control your thoughts. Stop for a moment and tell yourself to stop thinking.

How long can you hold the silence?

You have learned you can curve your thoughts, implement a mindset that is useful. Stop a reoccurring negative context and replace it with a positive and productive context.

In all of what we are as a human, we have control over our word. Therefore we are not our bodies, our past, our lineage or DNA, we are our word!

When you awaken the awareness of who you are, as our word you can begin to see the power you have with your word.

You have the power to create your life with your words. You have the ability to sculpt your life with the actions and non-actions that you take.

Authenticity plays a major role in discovering who you are.

You are not vengeful, timid, or fearful. Something occurred in your experience to have you say "That will never happen again." Now you can take the opportunity to look and ask, "Is this needed anymore?"

Do I need this way of being to protect me any longer?

Am I willing to give up this way of being that is no longer useful to me and create something new?

To look at being authentic you must continue to dissolve the conversations that hold you in states of anger, fear, and isolation. Gratitude work and the 30-day Mind Cleanse Challenge will continue to work well for you in this area.

Looking Good

Most often human beings put a lot of effort into thinking and wanting to know what others think of them. You have the opportunities to look at where you have put LOOKING GOOD above your authentic way of being.

Where have you changed a story so it has you seem like a hero for a good or to gain a certain reaction?

Have you bought clothes that you don't like to appease another person?

Have you been in an agreement without using your own mind to “play it safe” and “keep the peace?”

Applying

All too often a person will look back on their life and say something like, how did I get here? I lost myself somewhere.

There is a good amount of thinking in this lesson for you to do. Journal about it and see what you discover when you are answering these questions.

Your word is who you are; your actions stem from your word. How do you want the world to see you?

What you say to people, paints the picture of what you are talking about, and that is where you have responsibility.

Being authentic gifts you the opportunity to clean up some messes you have made.

Cleaning it Up

Who is the person you need to speak with?

What is something you admit about this person?

Who are they for you, what do they mean to you?

What did you say and what is the authentic truth?

When will you talk to them and clean this up?

When cleaning this up it is not likely the conversation will ever go the way you have planned.

Give

them the space to say what they would like, and have whatever emotions they are going to have.

Also, give yourself the space to speak when it moves the conversation forward. If it isn't, hold onto

it and either journal about it or rant to a coach.

Mostly be with them and present in the conversation, not worrying about what you are going to say

next, but focused on the words they are speaking by repeating them in your mind.

Define the word authentic in your own words and using the dictionary

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Take Action

- Download the worksheet PDF and watch the video.
- Comment in the group, Journal, and ponder with a friend.
- Empowerment Program Participants Group
<https://www.facebook.com/groups/329320037979757/>

Notes