



THE POWER OF AUTHENTICITY:
INSIGHTS – SUMMARY & BULLET POINTS

1. WHEN WE THINK, COMMUNICATE & ACT FROM A PLACE OF AUTHENTICITY, ENERGY GROWS & LIFE FLOWS!

Acting is ways that don't come naturally *takes* energy, whereas going with your natural flow *gives* energy

2. ACTION WITH AUTHENTICITY = AWESOMENESS

...And awesomeness benefits ALL!

3. EVERY AUTHENTIC DESIRE ORIGINATES FROM THE BPI (BIG PICTURE INTENTION)

= "I am loving me and having a great time while becoming more!"
aka enjoying the journey

THE POWER OF AUTHENTICITY: TOOLS

TOOL#1: THE 7-YEAR-OLD EXERCISE

1. Start with this premise & choose your stance:

→ Affirmation/Ownership Stance:

"I HAVE INFINITE TIME, INFINITE MONEY & THE INFINITELY FREE MIND OF A CHILD! WHAT WILL I DO WITH MY TIME & MY LIFE?"

...OR, IF IT FEELS BETTER:

→ Question Stance:

"IF I HAD INFINITE TIME, INFINITE MONEY & THE INFINITELY FREE MIND OF A CHILD, WHAT WOULD I DO WITH MY TIME AND MY LIFE?"

2. Set a timer for 7 minutes

3. Write (or type) whatever comes into your mind and do it as quickly as possible

4. Repeat this daily for 7 days (or as long as it feels good)

TOOL #2: CREATE YOUR JOY LIST & FEED YOUR FIRE!

Once you've completed the 7-Year-Old Exercise, make a list that includes:

1. The top 3-5 things or dominant themes that keep showing up: These are core passions that are calling you right now!

→ PUT THESE AT THE TOP OF YOUR LIST!

2. Add some of the other items that showed up during the 7-Year-Old Exercise that feel doable and give you a happy feeling

3. Add more fun activities that add sparkle to your life as you're inspired to do so

4. Keep this list in a place where you will see it every day and let this be one of the first things you see

5. Do at least 1 thing on your Joy List *every* day!

TOOL #3: DO WHAT YOU LOVE OR FIND THE LOVE IN IT

1. Do what you love as much as possible every day of your life!

2. Infuse your experience with as many pleasant things as possible:

→ Bring (or wear) colors that feel happy

→ Bring (or wear) scents that contribute to serenity and happiness

→ Place photos/images, inspiring words, art, one of your lists or representations of things you love in your “action” spaces

→ Play MP3s or CDs of music that feel good to you

→ Listen to your favorite audio book or story if you’re doing something more physically-oriented that doesn’t require rapt attention (like folding laundry/etc.)

3. Find the love in any action

→ Before you take action, answer any or all of these questions (or create your own):

WHY DOES THIS FEEL LIKE THE BEST THING TO DO RIGHT NOW?

WHAT GOOD COULD BE FOUND IN THIS EXPERIENCE?

WHO/HOW MANY PEOPLE COULD BENEFIT FROM ME DOING THIS WELL?

HOW CAN I HONOR MYSELF IN THE PROCESS?

→ Once you feel good (or at least better), then take action

HERE'S A BULLET LIST OF THE POWER OF AUTHENTICITY TOOLS:

TOOL #1: THE 7-YEAR-OLD EXERCISE

TOOL #2: CREATE YOUR JOY LIST

TOOL #3: DO WHAT YOU LOVE OR FIND THE LOVE IN IT

→ Choose the one that feels best to you and do it now.