

TIPS FOR LIVING AUTHENTICALLY EVERY DAY



Presented by the Co-Authors of
The Beauty of Authenticity

AUTHENTICITY.

Imagine the possibility of living authentically
as the person you were born to be...

from your truth...
from your heart...
enlivened with purpose...
filled with the grace...
every moment of every day.

It is a REAL possibility.

Yes, even if your life is full of challenges, obstacles, loss, judgment,
or tough situations and people, you can still choose to live authentically.

This e-book is filled with tips, practices, and actionable ideas to help you

LIVE AUTHENTICALLY EVERYDAY!

You deserve the goodness and freedom that abides with authentic living.

It's an expansive feeling to live from your truth, your heart space.

It is worthy of your time and attention.

And these tips will help you do it!

You're worthy. You deserve it. It is yours.

Breathe it in and Enjoy!

About this E-Book

Authenticity is an inside job. It is a series of practices and a trained mindset to be vigilant to the workings of your inner guidance system, the whispers of your heart, and the nudges of your Spirit.

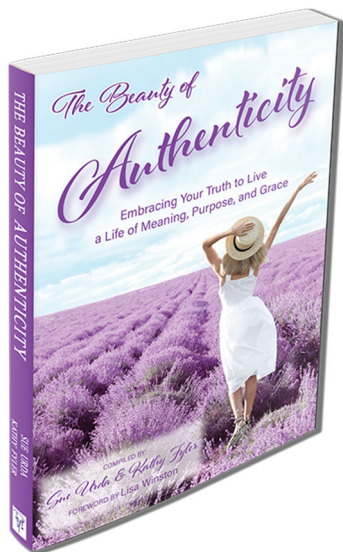
This e-book is a compilation of mindful and meaningful tips, thoughts, and practices intended to enhance your own moment-to-moment authentic life experience.

As you read these tips, think of the ways you can bring them into your daily routine. As you do so, you'll find that you're more fully engaged with the people in your life, you'll be less stressed, and enjoy more simple pleasures and fulfillment. You'll also experience more peace, harmony, and ease with your family, loved ones, friends, coworkers, and community. This is everyday grace!

These tips are short and to the point because we know you have a full and busy life. Use them often to enhance your personal life experience.

About the Authors

The individuals sharing these tips are the co-authors of the new book *The Beauty of Authenticity*. They have come together to share their personal experiences and journeys to help you live a more heart-centered, joy-filled, and loving experience of connection and growth. It is their wish that the tips in this e-book and their stories in the paperback book will assist you on your personal life journey.



Powerful You!
PUBLISHING



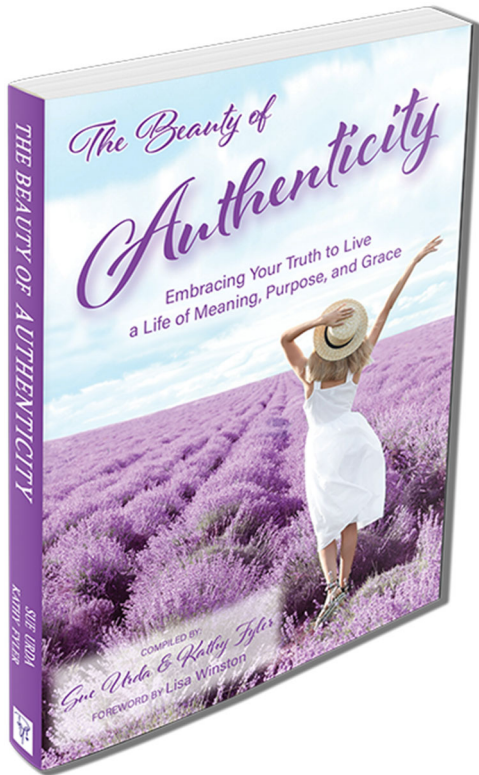
Sharing Wisdom
Shining Light

Share this e-book with your friends by providing this link to them:

www.TheAuthenticityBook.com/freebook

Read more about the Upcoming Amazon Bestselling Book ~ Available May 22nd, 2019

Are You Living Authentically? You Can! *These stories will help you do it with more ease and less fear.*



Authenticity is you showing up as your true self, no holding back. It asks that you explore and reveal parts of yourself previously hidden and perhaps ones you didn't even know existed. Living authentically is not for the weak—it takes true strength, practice, and devotion—and it takes courage.

The women who share their stories in this book are extraordinary. They have made significant shifts in the way they show up and their ways of thinking. They've developed and share practices, mantras, and techniques to live as the authentic spiritual beings they are. These women have empowered themselves through self-discovery, deep introspection, mindfulness, and self-love. Their transformations are nothing short of miraculous, and they speak to the undying vibrancy and love that exists in each of us.

If you long to embrace your truth, and live a life of meaning, purpose, and grace, these stories are the perfect guide for you. These women will empower you on your own journey of authenticity.

Discover these Powerful Lessons for Living Authentically & Unapologetically:

- Love is the great elixir; open your heart and let it flow
- Belonging and self-acceptance must come from within
- A traumatized childhood can transform to a beautiful life
- Learn to trust and have faith that all is well
- Self-love is the basis for empowerment and joy
- Rock bottom can be a strong foundation
- Releasing the past and forgiveness are vital for healing
- Authenticity means living in alignment with your heart
- Facing your fears takes courage—and it's totally worth it
- Call on your Angels and Guides who are always with you
- Freedom is possible when you open your mind and heart

The Beauty of Authenticity
Embracing Your Truth to Live a Life of Meaning, Purpose, and Grace

www.PowerfulYouPublishing.com ~ www.TheAuthenticityBook.com

Know Your Motive; Change Your Life

Abigail Havermann

Most of us motor around the world with our unique communication style, interacting with friends, family, and coworkers without a clear sense of our motives. Before you send off that email or talk to that friend or family member, ask yourself, *what am I hoping to get out of this interaction?* Are you looking for validation of your feelings? Are you trying to control another person? Are you hoping the person will feel sympathy for you? Would you like help with something? Be honest with yourself.

When we know our motives, we can:

1. Ask ourselves if our desire is reasonable
2. Manage our expectations upfront in case we don't get our desired response
3. Find a more direct way to communicate and irritate less people
4. Get more of what we want because we clearly communicate what we are asking
5. Choose the right person to go to and increase our odds of success

Knowing your motive and behaving from a place of authenticity can decrease disappointment, increase your sense of integrity, and transform your relationships and your self esteem!



ABOUT THE AUTHOR: Abby Havermann is a psychotherapist turned Financial Consultant. Through writing, speaking, and consulting, she empowers women to root out, hear, and ultimately *listen* to their authentic voice. Having spent years milling around in both her own psyche and those of her therapy clients, Abby brings perspective and purpose to the financial planning process. Using her own mistakes as a guide, along with a good dose of humor, she seeks to align women with their personal and financial freedom. She and her husband own their own boutique financial planning firm and have clients across the United States.

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Get to the Bottom of IT!

Andrea Austin

Now, I don't mean the wine bottle here ladies. LOL. What I mean is get to the bottom of your fears, because life is either fear or love. It's that simple. I lived a life of perceived "love" totally fooling myself with fear. We all do.

So how do you let go of your fears and all of your crazy stories that are stopping you from love and authenticity? I would say, use the power of sound vibrations, and...

1. Press play
2. Press play
3. Press play again
4. Press play on steroids, using sound and scalar, AND
5. Never stop till the fears are gone. NEVER.

The truth is no matter what I told myself, and what or who I listened to, I couldn't let go of my fears and insecurities. We all have them. I was only able to let go of fear when I pressed play. Why? Sound bypasses the egoic mind and gives us a chance to let go of fears, one at a time. Even one decision based on love could change your destiny forever.

Where to press play? www.loveevolution.ca Make that happen today and press play to LOVE, because no matter what anyone says, sound is better than words.



ABOUT THE AUTHOR: Andrea Austin is the co-owner and founder of Clearly Conscious Energetics, a worldwide organization helping shift consciousness through the use of unique technologies that assist people in shifting limiting beliefs and fears that are holding them back from love. Andrea's career began as a CPA with an international accounting firm. After years of living with fear and insecurity, Andrea now shares what it's like to change from the inside out when you are willing to step into love, wake up and participate in life in an authentic way. Andrea is currently working on her book, "Journey into Love," due out in the fall of 2019.

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Feel Your Feelings

Andrea Fesler

The most valuable tool we have been given is our capacity to feel and experience emotion. Many of us have been taught to ignore, bury, hide, and numb our emotions into oblivion. Those are the most damaging behaviors that we could ever engage in. Emotions are our navigation system; they show up to keep us in alignment. When we allow emotions to communicate with us, we move through life more easily with a sense of clarity and intuitive direction.

Thousands of emotions arise within us in a day. When left unprocessed their residue clings to our physical and energetic bodies eventually becoming disease. These disruptions stay until they are able to get our attention, in whatever way they can.

Life becomes easier when we:

1. Learn to acknowledge our feelings in the moment
2. Process what our feelings are wanting us to learn
3. Release them

The number one thing we can do to allow emotions to heal is to Journal! There is a magical transformation that journaling provides. It helps with processing, integrating, and releasing emotional density. An additional level of freedom is found when we burn, bury, or drown our writings when complete. You truly can journal your way to emotional freedom!



ABOUT THE AUTHOR: Andrea Fesler is a Registered Nurse, Medical Intuitive, and ThetaHealing® Master Instructor and Practitioner. She has worked in oncology, bone marrow transplant, and hospice for eighteen years. After discovering her intuitive abilities, she became certified in multiple energy healing modalities and trained as an End of Life Doula through the International End of Life Doula Association (INELDA). Andrea lives in Colorado Springs, where she has an energy healing, teaching, and end of life doula practice. She also works once a week as an oncology nurse and is an active member of Toastmasters International. Her passion lies in bridging the gap between the medical and holistic worlds to mainstream alternative healing.

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Being REAL: One Size Does Not Fit All

Anna Trillana

My opener with new clients, “*F*ckity f*ck f*ck f*ck, we good?*” promotes acceptance to be real, because as we know *one size does not fit all*.

Each of us is accountable to do the work, and authentic connection permits freedom towards our unique purpose which leads us *to be happy*.

Mindfulness allows us to take our power back and listen to the answers within. There’s *no magic wand* for authenticity, but there are practices to help us live authentically.

1. BREATHE - Identify your surroundings using all five senses
2. BE COMPASSIONATE with yourself & others. ACCEPT we are all humans doing the best we can!
3. ALLOW & ACKNOWLEDGE - What do you feel? Where do you feel it in your body? Why are you feeling triggered?
4. ACCURACY – Ask yourself, *is my perception real?*
5. REFOCUS the lens with truth
6. RE-ADJUST your behaviour
7. ACCOUNTABILITY - Everything has a function: to teach lessons to recreate experiences.
8. GRATITUDE - Find the silver lining. Remind yourself that everything is a building block to “becoming who you choose to become”

Find what works for you, Recalibrate, Re-adjust, Repeat.



ABOUT THE AUTHOR: Anna Trillana is an intuitive clinical counselor/therapist, hypnotherapist, and energy healer whose purpose is to teach others to deal with their daily demands and personal crises with compassion, acceptance, and integrity. Anna and her fiancé Andrew are the co-owners of Infinite Strength, a mind, body, and soul center located in Fort McMurray, Alberta and serving clients everywhere. As a movement specialist and nutritionist, Andrew grounds Anna’s evolving integration of Counseling, Hypnotherapy, Embodied work (Reiki, IET, MDS, SRT, Qi Gong, Yoga), Sound Therapy, and more. Together, they work with individuals, groups, and couples of all ages, promoting understanding and healing of the past and present by instilling seeds of self-awareness and self-love.

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Trust Yourself!

Anne Marie Foley

My journey has proven itself and continues to teach me to listen to my intuition, and I now teach others what I have learned along the way.

Here are four lessons to help you trust yourself:

1. **FORGIVE** - Forgiveness can be the biggest gift you give to yourself! Let go the regrets and hurts of the past. Learn to surrender and live in the now. It's all we really have.
2. **HEAL** - Heal the wounds that cause the pain by peeling back the layers to reach your authentic self. Find support; none of us can do this journey alone.
3. **GROW** - Connect with like-minded individuals and groups, work out, practice mindfulness, meditation, and yoga. Study energy and the power of Reiki; these can elevate and ground you. Question everything, be adaptable, and be in the flow of life.
4. **LOVE** - When you are in the flow of love, life will seem easier, things and people that resonate will come to you like a magnet. With love, the light you were born with will glow even brighter, and I promise you, that light will outshine any darkness!

Don't let anyone ever doubt you and never ever let anyone break your spirit! You are powerful, you are beautiful, you are YOU!



ABOUT THE AUTHOR: Anne Marie is an intuitive counselor, Reiki Master, beauty consultant, and owner of “Healing with Me,” a practice committed to holistic wellbeing. Born and raised in beautiful Limerick, Ireland, she emigrated to the U.S. in 1996 and settled on Long Island. Anne Marie studied marketing and accounting, then Esthetics and makeup, but after a series of spiritual awakenings including a near-death experience, a painful divorce, and a permanent injury to her lingual nerve, her natural intuitive gifts emerged and took her on another path. Today, Anne Marie uses her psychic abilities and Reiki to help others heal from traumas and become beautiful from the inside out.

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How to Tap into Your Inner Compass ~ Your Heart

Beth Lopez

We all want direction and approval from other people because we were brought up that way. We asked permission and always looked for Mom or Dad's approval, so this became a habit—one that we need to release in order to become our authentic self.

Here are five easy steps to be your true authentic self:

1. Close your eyes, focus on your heart, and go into a secret place (at the beach, forest, garden). Take three deep breaths. Then continue focusing on your breathe so your mind doesn't chatter.
2. Set your intentions. Then, ask a question... just put it out there.
3. Listen and allow. Be still and notice if you hear or feel anything. If you get nothing right away, be on the lookout later for evidence of what you asked.
4. Discern. Is the answer your voice or another? If it's from love, your response will be with love; if it is ego speaking, it may be negative self talk.
5. Let it go. Sometimes answers comes in signs, confirmation from conversations, a book, or a song.

Your inner compass is something to relax into, not to control or force. Let the miracles find you, simply allow it in.



ABOUT THE AUTHOR: Beth Lopez is a Master Energy Healer and Transformational leader who incorporates Christ Consciousness into her healing sessions. She is a certified ThetaHealer®, Usui Reiki Master and Teacher, Astrologist, Numerologist, Fairy Lightworker, and Angel Light worker. She also has certifications in the Akashic Records and Crystal Reiki. Beth's Rainbow Pathway Process helps clients heal the ego and subconscious, live more from the heart, become their master selves, and step into their soul calling with power, expression, and an abundant mindset. Through her Soulistic Business Program she helps others with a spiritual calling share themselves and their message with the world. Beth works with women, primarily those in the LGBT community.

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7 Powerful Practices for Becoming a Life Surfer

DeAnne Gauya

Life is constantly challenging each of us to adapt and evolve and the pace of change is accelerating. Resiliency or “Life Surfing” (as I call it) involves skills that you can learn and improve.

S = Surrender & Survey: Practice quieting the mind, being in the present moment and fully experience what IS.

U = Unplug & Understand: Ask yourself key questions and answer them honestly; tune into your 'gut'/your intuition. What is/is not working in your life?

R = Redefine & Release: Brainstorm, mind map, and explore the power of RE- (i.e., re-imagine, re-think, re-invent, re-new).

F = Fill & Fun: Fill your daily life with nourishing/supportive elements and people.

E = Energize & Exercise: Develop your holistic fitness (physical, mental, emotional, spiritual) and strengthen your internal Locus of Control.

R = Rehearse & Recognize: Practice rooting down, centering, and rising over and over again. Develop mind-body-spirit resiliency.

S = Synergize & Surf: Experiment with flow, balance, and impermanence.

These skills will help you learn to surf the waves of your life with less stress and MORE JOY. As a Stress Reduction Expert, I'd love to help you implement them!



ABOUT THE AUTHOR: DeAnne C. Gauya, MS, CPT, LMT, NCBTMB, E-RYT 200 is a writer, speaker and the Creative Energetic Orchestrator (CEO) of Gauyafit, LLC, “a one-woman show” dedicated to empowering Mid-lifers and Active Agers to decrease stress, increase joy, and become confident “Life Surfers.” She currently works with individuals and groups of all ages and fitness levels, both offline and online, and has had clients in The White House, the Entertainment Industry, and the Arts. DeAnne is a single mom to two teenage children, two cats, and a turtle. She enjoys learning new things, spending time at the beach and traveling. Currently in her mid-50s, she plans on living life to the fullest until 90 or so.

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Just Be You!

Erica Martinez

Authenticity is being true to one's own personality, spirit, and character. Sounds amazing, right? Except that most people don't actually know how to do that. Is that what you're thinking too?

I get it. It's not that easy. So, what can we do?

First, we can stop assuming we aren't supposed to be ourselves. We can stop believing that we are not enough and start recognizing that we are perfection embodied in all of our various imperfections.

Second, we can find ourselves if we got lost along the way.

- Think about yourself at age five. What kinds of things did you enjoy? Were you loud? Quiet? Did you dance? Sing? What made your heart happy?
- Imagine a ten-year-old BEST version of yourself sitting beside you. What advice does she have? How does she describe you?
- When do you feel you freest and most yourself? When do you lose track of time and live completely in the moment? What are you doing?

Last but not least, I give you my final piece of advice; Own who you are! If you're naturally a talker, be a talker. If you're shy, that's okay too, be shy. Get comfortable in your skin and don't worry about how someone else would label it. Just be YOU!



ABOUT THE AUTHOR: Dr. Erica Martinez is a Registered Nurse, entrepreneur, coach, storyteller, and wellness enthusiast. She is the Founder and President of NutriSherpa, where she helps clients find their voice and take back control over their lives. Erica recognizes that we all find ourselves in various roles throughout life (wife, mother, boss, nurse, educator, fill in your own blank) where we can easily become overwhelmed; however, we can also learn to thrive. She has a unique approach that empowers clients to burn brighter rather than burn out. Erica is a Midwestern girl at heart but currently lives in Southern California with her husband, two kids, and dog.

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Love Buckets Hillory Hanson

We all fear losing love or being rejected by someone. We've bought into the story that we are only allowed to give or receive love from certain places or buckets. My buckets were: family, marriage partners, children, pets, and my spiritual tribe. When one of my buckets snapped shut and wouldn't share their love with me or accept my love back, I freaked out! Oh my God, what am I going to do with all of this love? I only have three buckets available instead of four, now what do I do?

The answer is: focus on the flow.

- If we focus on filling our own heart and then flowing love from there, it doesn't matter if one of our buckets is unavailable, because the love will just flow around it, spread out, and return back to us.
- At any time our loved ones can accept the love offered or not—it is their choice.
- Want to expand your love capacities? See how far you can spread your love out. Go big or go home!
- Watch all the ways love is trying to get back to you! How do you block love from returning to you?

Focus on the flow, not on the buckets, and spread love everywhere!



ABOUT THE AUTHOR: A multidimensional channeler and energy worker, Hillory has been providing clarity, insight, healing, validation, connection, and mentorship through her faery oracle sessions for over fifteen years. Hillory has also created a vibrational line of Faery Heart Elixirs (Bach Flower Remedies) that assists herself and other sensitive beings, emotionally and energetically, in enjoying more peace, love, support, and protection in their everyday lives and throughout their evolution. She is passionate about helping others awaken to their unique gifts and shares a wealth of knowledge, unique perspectives, and a vast love that makes for an enlightening and empowering experience for those who work with her.

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The Art of Living Authentically

Kathy Sipple

Life is not an exact science, it is an art. Samuel Butler

The story surrounding Michelangelo's sculpture, the David, is that he started with a block of flawed marble already rejected by another artist. Upon seeing the awe inspiring final result, he was asked, "How did you know this masterpiece was inside?" and he answered that he removed everything that wasn't part of the masterpiece until only masterpiece remained.

How many of us choose a major, a spouse, a religion (or decide not to choose one), based on what the well-meaning people we love tell us we *should* do?

Even when those shoulds arise out of love, they don't always come from a place of allowing, and therefore, often serve to obstruct the most beautiful, authentic version of ourselves we could be. Imagine if we dared to excavate the depths of who we were really meant to be. Wow!

I claim for myself the title of Social Artist. I will continue to chisel away what is not needed. I may not finish, but I consider myself a masterpiece in progress!



ABOUT THE AUTHOR: Kathy Sipple resides just outside of Chicago near the Indiana Dunes with her husband John and their black Labrador retriever, Bodhi. She is a frequent keynote speaker and trainer and host of 219 GreenConnect podcast. She holds a B.A. in Economics from the University of Michigan and is a member of Mensa. She won a Golden Innovator Award from Barbara Marx Hubbard and Conscious Evolutionaries Chicagoland for her empowering and groundbreaking work in social media. Sipple works online with clients everywhere to provide social media strategy, training, and coaching.

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Peeling away Masks to Live in Authenticity

Laera Morrow

Each of us is born authentic (babies have no qualms about expressing their genuine wants and needs!). However, as we age, many of us accumulate masks that hide our true, authentic selves from our very own eyes.

We develop mental, emotional, and behavioral habits, which we oftentimes engage subconsciously without even noticing (examples include: thought patterns; reactions to certain situations; addictions; fears). We eventually allow ourself to mistakenly believe that we are these old stashed emotions and thoughts.

The true, authentic self is reflected when we embody the unconditional presence of love, joy, freedom, passion, and presence (states of being that are of energetic frequencies far higher than those of our surrounding, mask-generating world!).

To rediscover your true self, practice these exercises:

- Listen to your favorite music
- Write a list of things you love about yourself
- Listen to a guided meditation
- Write a list of things you're grateful for
- Think back to any euphoric event in your life

Once you've refamiliarized yourself with feeling your true self, practice purposefully turning your attention to this feeling throughout the day. Notice whenever you become distracted from it, and respond by again recalling it. Also note what distracted you and the underlying beliefs attached to it.



ABOUT THE AUTHOR: Laera Morrow is a holistic healer, speaker, writer, and owner of Laera's Lair of Natural Healing. She heals clients living with brain and nerve dis-ease by using natural and energy medicine to identify and treat the root causes of health issues. Laera lives in Portland, Oregon, where she serves her community as a Reiki Master, wellness coach, shamanic practitioner, and essential oils consultant. Currently, she is continuing her studies at the LightSong School of 21st Century Shamanism and Energy Medicine. Laera is also a singer, songwriter, and violinist who circulates her message through her music along with her band of fellow shamanic healers and conduits.

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The First Five Minutes of Your Day

Lisa Pezik

My mindset is built in the first five minutes of my day. When the alarm goes off, on the other side of my bedroom, I get up and go. No snooze. I take action, NOW.

When my feet hit the ground, I tell myself that no matter how small my progress is today; I'm going to celebrate it. I take action despite the outcome.

Next, I look in the mirror and say to myself, "You've got this. The power is already inside of you," as I drink a huge glass of water that's on my nightstand table. It's time to wake up!

Then, I grab my journal and answer two questions:

- What's one thing I'm grateful for right NOW?
- What's one thing that WILL make today great?

Lastly, I identify the thing I've been putting off in my business that I know I need to do, and I go do it! Fear can't live beside authenticity.

The world isn't going to wait for me to decide to take action, and it won't wait for you either. Design your day and start it right. Remember, you're in control and you've got this!



ABOUT THE AUTHOR: Lisa is an RN, Business Strategist, Thrive Global Author and Worldwide Speaker who studied under thought leaders Brendon Burchard, Bo Eason, and Roger Love. Lisa's unique systems and strategies help her clients take their business online, connect with their target audiences, and convert leads into sales—fast! Her podcast, *The Lisa Pezik Show* exceeds the industry standard, and she's spoken about online business in the US, UK, and Canada. Audiences say Lisa has fiery inspiration, contagious energy, and to-the-point strategies. Her first book, *Break the Mould*, is featured in Chapters Bookstore. Lisa lives in Toronto with her husband Eric, their son Oliver, and three kitties.

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“Grow your business with done for you services
from content to cart to cash.”

Finding the Courage to C.H.A.N.G.E. Liz Powell

If you've lived inauthentically for many years, waking up to that realization can be unsettling. These 6 tips will help you navigate the transition to living a truly authentic life:

- C** - Cheer Section. Surround yourself with people who are supportive of the change you want to make—both to celebrate the wins, and to hold you accountable.
- H** - Heart Centred. Listen to your heart. Tap into your inner wisdom, and let it reveal your truth. A great way to do this is to spend time in silence, meditation, or prayer. Journaling is also incredibly helpful.
- A** - A Bit at a Time. Don't try to turn your whole life around overnight. Small changes, over time, can make a huge impact, and are easier to stick with.
- N** - Never Doubt Yourself. Others will have their opinions about the changes you are making, but unless they have lived your life, their opinions aren't relevant.
- G** - Go With The Flow. Change is messy. Things won't happen exactly the way you planned, so be prepared for that, and embrace the chaos.
- E** - Expect A Good Outcome. Visualize your new, authentic life, and all the positive things that will come from living your truth.

As you integrate these changes, you'll naturally be more authentic.



ABOUT THE AUTHOR: Liz is a CPA with twenty years of experience in the charity and not-for-profit sectors, where her ability to distill complex financial information into understandable terms for people who hate numbers was highly prized. Realizing that accounting was not her authentic calling, she has leveraged this unique ability and pivoted into a new career as a trainer and coach in the health and performance arenas. Diagnosed at age seven with Celiac Disease, Liz has had a lifelong interest in the relationship between diet and overall health. She is an enthusiastic advocate of the primal lifestyle, aligning her clients' diet, habits, and lifestyle with the genetic makeup we still share with our paleolithic ancestors.

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Drop the Gavel, Judge Judy Loren Levitt

Many years ago at a meeting with my therapist, we were discussing the feelings of judgment. She asked if I *judged* other people in daily life. I hated to admit it, but I realized that I did this sometimes. I think part of this judgment came from my own insecurities and anxiety.

So, I started to pay attention to my 'self talk', and anytime I started to have a negative judgment run through my head, I would redirect toward something kind. Unfortunately, I think that women are often raised to be competitive with other women; but we can change that. It starts with each of us.

We often compare feelings about our insides to another person's outsides because this is what we see and perceive. We don't truly know any other person's story or struggles; we only know what we assume about their life. As I have shifted to non-judgment, I have found that the more I think compassionate thoughts, the more loving the environment around me seems to become. It's beautiful.

So, drop the gavel! For just one day, try to pay attention to those judgmental thoughts, redirect and interject kindness instead! When it works, keep going, and pass it on.



ABOUT THE AUTHOR: Loren Levitt was born in Houston, Texas. After attending boarding school in Colorado, she went to Long Island University. Through their global program for experiential learning, she lived and worked with various indigenous groups in India, Central America, and Peru and graduated with a BA in International Relations. After years of dedication to her own personal and spiritual growth, Loren received her certification in Addiction Counseling, and later an M.A. in Counseling Psychology. Loren lives in Colorado with her husband, where she maintains a private practice in Life Coaching and Counseling. She is currently working on a book dedicated to personal growth and empowered living.

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Finding Your Way Home to Your Self

Michele Weisman

Authenticity is being real, true, and genuine. In the physical world, we use five senses to determine authenticity, but in our emotional world, authenticity is what's going on inside, where our feelings reside.

1. Authenticity is a feeling. When we're completely honest with ourselves, we feel easy and natural. Authenticity feels like being in sweatpants with no makeup.
2. Become familiar with how authenticity feels and connect to this good feeling place. It may not be easy, because the truest parts of ourselves may have been buried over years of being denied, invalidated, or criticized either as children or adults.
3. Cut yourself some slack for having become disconnected to your authentic self, and throw in some patience in finding your way back to who you really are.
4. Remember being a child. What did you most love to do? Ride your bicycle? Play pretend? Swim? Spend time remembering how it felt.
5. Let your inner child out to play. Imagine. Have fun. Once you reconnect with your authentic self, then you're ready to live authentically. Yes, it's a two-step process; the whole point of reconnecting to your true self is to live it in the physical world!!

Live your truth feeling the lightness and freedom that comes from being you. Go ahead—even if it scares you. Enjoy. Repeat. Enjoy.



ABOUT THE AUTHOR: Michele is a writer, adventurer, and owner of Mome Coaching, a practice that focuses on guiding mothers in releasing whatever is holding them back from truly loving their lives. Though moms are her “sweet spot,” Michele loves bringing inspiration, connection, and empowerment to all seeking clarity and healing. Prior to coaching, she founded and directed a recruiting business that served the financial technology industry for fourteen years. Throughout her life, Michele has derived tremendous fulfillment as a volunteer and advocate for hunger relief, homelessness, and animal welfare and rescue. When she's not working, she enjoys spending time with her family and speaking Spanish every chance she gets.

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3 Ways To Love Yourself Authentically

Nancy Stevens

“Love, connection, and acceptance are your birthright”. Kristin Neff

Loving yourself influences how you authentically live your life. Cultivating self love is a life learning process with many bends in the road as you move with each season. How do you begin if this seems out of reach or too difficult?

Try these three life affirming and easy-to-do steps as a means of cultivating and growing authentic love and care for you!

1. Accept who you are. Embrace and love the things that make you unique. The good and not so good, ordinary and extraordinary parts don't define you, rather, they are part of your distinct makeup.
2. Let go of the past. Embrace today! Affirm your life by being in the now—even if it's especially trying, it's just a season meant to raise your awareness and refine your true character. Recognizing the flow will give you ample margin to move forward each day.
3. Be realistic. Take stock of who you are today and lovingly own this current place with its flaws, strengths, and everything in between! This is exactly where you are meant to be for a reason. View your reality from your heart and soul versus what occurs externally around you.

Allow you to be you in each given day.



ABOUT THE AUTHOR: Nancy Stevens is an International Certified Coach; blogger with The Wellness Universe; and a talk show host on “News For The Soul Radio.com,” where she shares her passion and tips for cultivating authentic self-care. She is also an accomplished speaker, educating groups and organizations about personal development and healthy wellbeing. Nancy’s calling is to connect and empower busy women to find and own their authentic identity so that they can be change-makers and positively impact others. When she’s not working, Nancy loves spending time with her husband, a four-time Grammy Award winner, and their four sons.

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5 Steps to Align with Your Authentic Heart

Nina Antinora

What does being “authentic” mean? Living authentically is when our actions and words are harmonious with our beliefs & values. This comes from a genuine place within that’s tethered to our soul’s greater purpose.

Sometimes it can be extremely difficult to stand in our own truth, especially when we allow past experiences or fear to create walls preventing us from discovering our true north.

5 Steps to help you navigate your way back to beautiful, authentic you!

#1 Be Aware

Self-awareness is the foundation to living authentically and on purpose.
It’s imperative to go within in order to fly forward.

#2 Let Go

Release what no longer serves your greater good. The more you let go of negative attachments, the more space you allow for love, light and joy.

#3 Dropkick Fear

Push through self-doubt, worry or anything that may be preventing you from fully showing up as you.

#4 Forget the Joneses

Simply put, you do you.
This is your personal journey and no one else needs to understand it.

#5 Check Yourself

Practice daily check-ins.
Once you uncover your true north, it’s essential to hold yourself accountable.



ABOUT THE AUTHOR: Nina Antinora is a life and leadership coach, mindfulness practitioner, and founder of Change It Up, LLC. She started her two-decade career in television, then transitioned into the corporate events arena—leading massive production, creative, and cross-functional strategic teams for global Fortune 500 companies. Nina now teaches the importance of mindfulness in the workplace, empathic leadership, and soft skills to improve communication, collaboration, and performance. With her personal clients, she offers one-on-one and group coaching, private retreats, and pioneered TrailChats,TM the first of its kind in SoCal. Nina is also developing e-courses to empower others to CHANGE IT UP & RECLAIM THEIR LIVES!

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Empower Yourself by Letting Your Real Self SHINE

Paula D'Amico

We're in such a mad rush to get to where we're going, we tend to lose track of where we are in life. We become physically and spiritually depleted. So how do we delete the deplete, recharge ourselves, and let our real selves shine brightly again?

1. Literally, go outside and stick your face in the sun to recharge your batteries.
2. Take time out to open your heart and your ears to listen, *really listen* to someone.
3. Breathe. Even in life's most hectic and hurried moments, take a break and breathe in all the goodness around you.
4. Be grateful and say it out loud. "I am grateful for _____ (name one thing no matter how small)!" It's amazing how recognizing even one thing can lift your personal energy up and empower you from head to toe.

It's not always easy to do any or all of that. So, what do you do?

Take a moment, close your eyes and ask the powers that be to turn any worry, fear, anger—whatever you're up against—and transform it into strength and courage.

End your personal prayer with a big THANK YOU and you will be ready to take on the day.



ABOUT THE AUTHOR: Paula is a wife, mother, television producer, speaker, teacher, and founder of Blessings by Nature®, a company with a mission to deliver hope and healing into people's lives using the power of plants. Paula's love of nature dates back to her childhood, when she worked side by side in the dirt with her horticulturist father. Over the past decade, Paula has studied how the simple placement of plants, along with the use of Feng Shui, can transform one's life. She shares her passion for plants through a variety of inspiring hands-on lectures and workshops. Paula also serves as president of the Holistic Chamber of Commerce -Downtown Buffalo Chapter.

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Aligning With Intention

Rebecca Egan

Authenticity is a bit of a buzzword, but that does not render it meaningless. Authenticity is being genuine with yourself about where YOU are presently. Are you fully feeling the five layers of yourself, *your koshas*, as they are recognized in yoga philosophy? Integrating and tapping into the physical body, energy body, mental body, wisdom body, and bliss body can help you better understand where you currently are and where you want to go. We often numb parts of ourselves to get through the day and the tasks we've set ahead. The beautiful part is that we always have the ability to check in.

Ask yourself the following questions without judgment:

1. How does my body physically feel?
2. How does my energy feel? Heavy? Restless? Buzzing? Calm?
3. What is my mental chatter like?
4. Am I able to tap into my insight or intuition? What is it telling me?
5. Does life feel fulfilling and good? Do I feel alive with joy?

There is no right or wrong way to answer these questions. Lean into anything that arises for you and ask yourself one final question. How can I better align these layers of myself to live the life I desire?

By tuning in, you will begin to settle into your authentic self.



ABOUT THE AUTHOR: Rebecca Egan is a Registered Nurse, Reiki practitioner, certified yoga teacher, ThetaHealing® Practitioner, Quantum Touch practitioner, and wellness blogger. She was always committed to the health and wellbeing of others, but it was after the unexpected death of her mother that she began walking her spiritual path. Rebecca's passion lies in learning how best to serve her community in whole body wellness and using integrative medicine to bridge the disparities in healthcare. She is currently studying herbalism, nutrition, and taking courses at University of Arizona Center for Integrative Medicine. Rebecca lives in Massachusetts with her husband, father, daughter, three dogs, and seven chickens!

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Who Am I . . . Without My Voice? Ruthe Hanson Plaché

Have you ever felt like you didn't have a voice, there was nothing for you to contribute or bring to the table? Maybe your words didn't matter, or words alone didn't work?

Finding my own voice was quite a journey, however vocal sound is certainly innate for humans. I loved watching my children learn to babble and talk. Babies often emerge from the womb crying or are encouraged to make vocal noise to be sure all is well. Little ones begin to realize they can copy or imitate as they experiment forming a language of their own.

Parents take an active part in the process of encouraging their children to speak clearly and use good pronunciation. Clear thinking, good diction, and language lay a good foundation for being able to speak honestly, say what we mean, what we need or want the rest of our life.

Finding our voice gives us a sense of confidence. However, our voice may have been discouraged, discounted, or disqualified and that is demeaning.

May we all learn to listen to ourselves, develop a pleasing sound, and exercise our God given right to speak our truth which is the beauty of vocal authenticity.



ABOUT THE AUTHOR: Ruthe Hanson Plaché is an author, speaker, musician and coach with a wide range of creative and humanistic interests. She is an artist who loves gardening, a Certified Life Coach, an Ordained Minister, NLP Practitioner and Theta Healing Facilitator. She is also Certified in RCFE Administration/Senior Living, licensed in Cosmetology, and has a BA in Music. Ruth describes her life's work as that of an "encourager," supporting one's individuality and unique self-expression with respect and unconditional love. Her love of diversity has led her to travel the world and host over one hundred international students, though her first priority has always been her four children and four grandchildren.

Ruthe Hanson Plaché

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Start With WHO

Shannon Sedlacek

Authenticity isn't something you earn or something someone else gives you, nor does it arrive like a lightning bolt on the unsuspecting.

Focusing daily on WHO you want to be creates your sustained authenticity.

Try this morning routine. Before inputs from others (email, text, phone) ask yourself these questions:

1. Who do you aspire to be today in each of your big 3 life areas (Health, Work, and Relationships)?
Examples: Health: I am a strong and lean athlete.
Work: I am a world class speaker and coach.
Relationships: I am a loving wife, mom, and friend.
2. What values will you need to embody today, to show up as your "I am" statement?
Examples: Health: I am persistent, curious, present and energetic.
Work: I am consistent, kind, and courageous.
Relationships: I am fun, energetic, and present.
3. What single action will you chose to do today to move you closer to your best, most authentic self?
Small daily wins create big compounding gains over time.
4. What small win can you savor from yesterday in each of your big 3?

This daily ritual aligns your virtues with your actions creating intentional authenticity. Free download here:
www.shannonsaid.com/authentic



ABOUT THE AUTHOR: Shannon Sedlacek, a speaker, writer, former litigation attorney and firefighter, and transformational coach, is no stranger to challenges. After initially failing out of the academy, she went on to become an award-winning firefighter at age thirty-nine. She overcame harassment, discrimination, and bullying in the workplace to become the first female officer ever in her department; endured failed IVF to become the mother of an adopted son; and became a licensed private pilot after vomiting during the flight test. Using humor, creativity, and bold action, Shannon helps her clients redefine their own challenges as necessary building blocks for success. Her motto: Be. You. Optimally.

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A Strategy for Cultivating Authenticity

Sharon Plaché

A - Allowing myself to be who and what I am in the moment.

U - Unconditional acceptance; knowing I am doing the best I can.

T - Treat myself with loving kindness & accept imperfection.

H - Heart connection with myself first.

E - Educate myself in a greater knowing of what is possible.

N - Nurture my Self in all ways.

T - Trust the innate intelligence in Self as wise.

I - Invest in the Self and value the greater purpose.

C - Compassion for who I have been, am now, and will be.

The gift of Self inquiry has helped me discover so much. Through excavating the layers of my concerns, beliefs and values, I have come to understand a greater Self.

In NLP, "Cartesian Logic" is great to explore the often hidden concerns, beliefs and values we are being motivated by.

- What happens when I am what others want or expect?
- What would happen if I am not being what others want or expect?
- What doesn't happen when I am what others want or expect?
- What doesn't happen when I am not being what others want or expect?

Blessings on the Journey. Namaste`.



ABOUT THE AUTHOR: Sharon Plaché is a bestselling author and intuitive teacher, coach, and healer passionate about empowering clients to discover, grow, and create in all areas of their lives. Since 1989 she has maintained a private practice, offering a myriad of healing modalities including MER® Mental & Emotional Release, ThetaHealing®, Innerwise®, and Hypnosis; she is also an NLP instructor, practitioner, and mentor. Her retreat center in San Diego offers trainings, aquatic bodywork, therapeutic massage, yoga, meditation, and more. Sharon is grateful to be a practitioner for the Wave Academy, which offers support to Veterans with PTSD.

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HEAL with Spiritual Connections Trisha Schmalhofer

Higher Self - (a.k.a. Inner Wisdom, Soul, Eternal Self, Authentic Self, Divine Self, Atman, Buddha nature, Aumakua, Christ Within, Tao Within, OverSoul) is a part of you directly connected to Divine Source/God and a very important relationship in your spiritual development.

Earth - is a healing planet full of life, magic, perseverance, teaching, and hope. Making connections with plants, animals, bodies of water, mountains, soil, sand, lifeforms, wind, rocks, minerals, and humans will allow the exchange of vibrational and nutritional energy everything needed to balance, grow, heal, or transition into its next phase.

Awareness - is a decision to open yourself to messages from Spirit in all forms in your Inner World (bodytalk, intuition, sensations, sounds, visuals, gut feeling) and Outer World (nature, conversations, books, movies, songs, slogans, numbers, colors, synchronicities). This cultivates deep connection and feelings of unity which are prolific for spiritual growth.

Laughter - is the best medicine! Joy, Gratitude, Peace, and Fulfillment can all come from this attitude of easy-going laughter. Messages from Spirit will come with a light sense of humor if that is what you are focusing your attention on. This is a wonderful way to communicate with your Higher Self, Nature, Spirit guides, angels, humans and God/Divine Source.



ABOUT THE AUTHOR: Trisha Schmalhofer is a Licensed Massage and CranioSacral Therapist, Certified Soul Realignment Practitioner, Scientist of the Spirit, Life Guide Mentor, Reiki Practitioner, teacher, health intuitive, retreat facilitator, and speaker. She blends medical modalities with ancient techniques, healing tools and traditions, and wisdom channeled from Divine Source to create a balanced approach tailored to meet each client's needs. Trisha leads numerous classes: Align! Be Your Authentic Self, Working with Your Inner Physician, Spiritual Development, Animal Communication and Healing, Quantum Planet Healing, and Medical Reiki. In her "Healing Party" program, held in homes or businesses, everyone receives Divine messages/guidance and connects with their Inner Healer.

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Tip for Authenticity

Kathy Fyler

Have you ever been called “weird”, “odd”, or “different”? I know I have. It used to upset me, because I felt like I wasn’t good enough and didn’t fit in. Over the years, however, I have learned that my distinct and unusual traits make me who I am, and I gratefully embrace them. Imagine if we were all the same...what a boring and dull world this would be.

Here are three ways to accept and enhance your unique and beautiful qualities:

1. Discover What You Love – What are YOU passionate about? What makes YOUR heart sing? Don’t listen to the voices of others who tell you what YOU should be doing. Take ownership of your passion and do it.
2. Cultivate Your Uniqueness – Everyone on this planet is unique and has their own perspective to offer. Your crazy and fascinating differences are what makes you – YOU! These remarkable qualities make you interesting and intriguing—accept and build upon them.
3. Find Your Tribe – Connecting with kindred spirits who have similar interests as you helps you feel more comfortable with yourself. This also gives you more confidence and freedom to express more of your individual gifts.

Next time someone calls you weird or odd—Thank them!



ABOUT THE AUTHOR: Kathy’s earlier career includes being a Critical Care Nurse, Project Manager for a technology firm, and owner of a \$5 million manufacturing company. In 2005, Kathy followed her calling to make “more of a contribution to what matters most in this world”. Using her experience and passion for technology and people, she co-founded Powerful You! Women’s Network and Powerful You! Publishing to fulfill her personal mission of assisting women in creating connections via the internet, live meetings and the published word. Kathy is an Amazon #1 Bestselling Author who loves to travel the country connecting with and teaching women.

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50 Shades of Gray (Hair) Sue Urda

So last year, I decided to stop dying my hair.

I know, I know, I hear your gasps, and I feel you scrolling to look at my picture. Yes, my hair is now mostly white, especially in the front, and I'm still in my fifties.

Before I made the decision, I posted a question on facebook, *what is the appropriate age for a woman to stop dying her hair?* Sad to say, this was one of my most liked and commented-on posts—second only to *what's your go-to snack?*

Is hair really that important?

I'd like to say the comments (about the hair, not the snack) surprised me; but they didn't. It was nearly 50/50 between NEVER and WHENEVER you feel like it. Other comments included *when you're 80, only after your mother does, or don't ever start dying it.*

The point is, there's lots of judgment out there, from people who love us and people who don't even know us. So, the big question is:

Why do you care what they think?

I invite you to show up as you are; do, have, and create whatever you desire; and be your authentic self. Besides feeling good, you'll encourage others to express their authentic selves too.

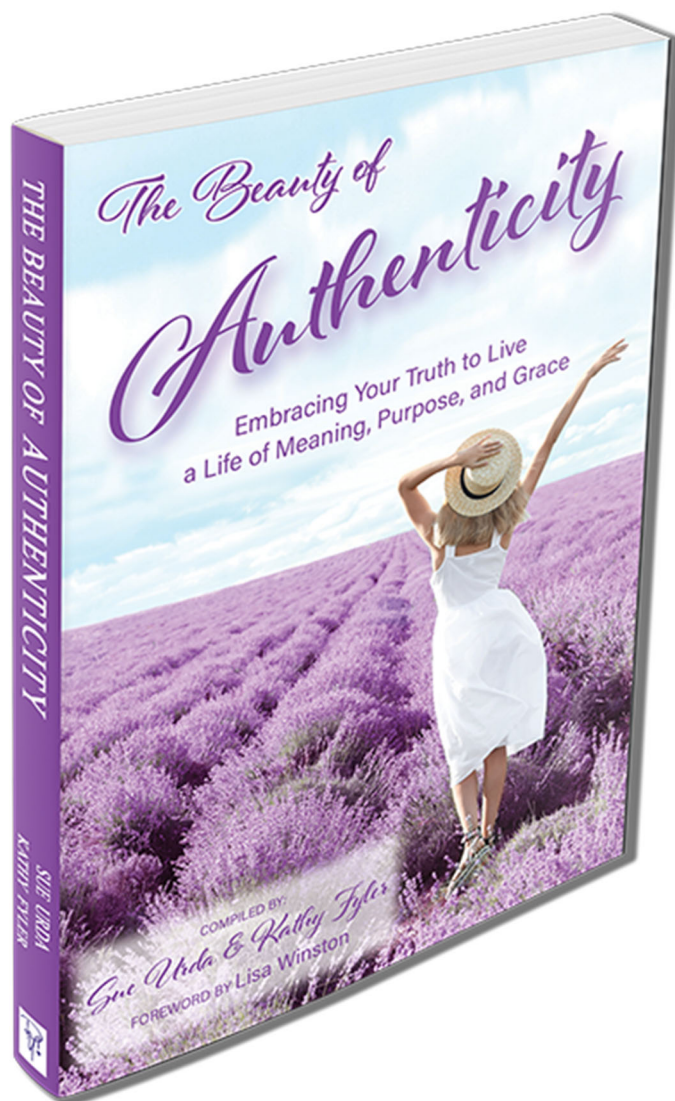


ABOUT THE AUTHOR: Sue Urda is your *Feel Good Gal*. She is an Award-Winning and #1 Bestselling Author, Speaker, Inspirer, and Co-Founder of Powerful You! Publishing & Powerful You! Inc. Sue is a two-time honoree on INC Magazine's list of the 500 Fastest-Growing Private Companies. Having started three companies since 1989, Sue knows the challenges and joys businesses face, and she is committed to helping entrepreneurs and all women thrive, get connected, share their stories, and feel good. Sue loves assisting individuals in their pursuit of success, purposeful living, and freedom. Sue's mission is to help people FIND THE FEEL GOOD and live in that space every day.

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Are You Living Authentically? You Can!
These stories will help you do it with more ease and less fear.

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