

Authenticity Check: GET REAL!

AUTHENTICITY CHECK

What is necessary to change a person is to change his awareness of himself. ~ Abraham Maslow. And were' not talking about a photo of your backside or a video of you public speaking, although those are effective triggers!

The key is that we must teach, live and project authenticity. To do that, we must first know ourselves (and yes, even LOVE ourselves. After all how can we expect others to love, appreciate and admire us if we are self-loathing, fearful, anxious and uninspiring!) If we live what we teach, lead and model our authentic selves, however imperfectly, we can truly appreciate and attract all that is available in our lives. Authenticity is a process and a daily practice vital to your success. Who you really are down deep shows, whether you are aware of it or not.

A good place to begin:

MIND THE GAP: Gratitude, Accountability and Persistence.

GRATITUDE – The most powerful yet under-utilized tool for attracting success in business and life.

ACCOUNTABILITY – TELL someone! Write it down. BELIEVE it- be accountable first to yourself and your values, and then to the process of manifesting all that you desire and deserve. (Coaches are GREAT accountability partners).

PERSISTANCE – NEVER give up. Never stop trying. Stay positive, focused and faithful to your dreams. You risk the fate of the masses if you stop trying: Don't give up before the miracle.

Neil Ornish MD. illustrated that a negative approach to any challenge, including fear of failure and fear of death were not enough to motivate a group of heart patients in his study to avoid behaviors that were very likely to kill them at worst, and cause them another heart attack and/or surgery at best. What Worked? Helping patients to see themselves and believe that they are and can become vital, healthy fit, trim active and happy people. Those who were able to see and believe the vision, the dream, were successful in avoiding the next heart attack or surgery, and were healthy and maintaining the healthy lifestyle years later. The “fear and doom” group did not fare well, most bid farewell to this earth! No wonder 90% of those who lose weight gain it back! They can't SEE themselves thin!

SEE it, BELIEVE it, ALLOW it- the Blue Ocean Coaching mantra is simple, yet compelling. Set sail on your sea of possibility. Mind the GAP, do a reality check and launch your wildest most audacious dream.

To Read: Change or Die, by Alan Deutschman