

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Group Call #41

HowTo

EXPLORE + EMBODY + EMBRACE

Authenticity

INTRODUCTIONS

(Group Round Robin)

Fawn will lead intros

1. Name
2. Location
3. Gratitude
4. Feeling
5. What is a question/challenge related to being your Authentic Self?
6. What would you like to get out of this call?

AUTHENTICITY

What is it?

- **Authenticity = being real, genuine, or true**
 - Other related qualities: intentional, integrity, honest, aware, self-accountable, vulnerable, “growth” mindset, responsible, consistent, admits and apologizes when genuinely called for, expresses genuine feelings, comfortable in own skin, accountable
- **Inauthentic = fake, false, phony, counterfeit**
 - Other related qualities: insincere, manipulative, censored, arrogant, “fixed” mindset, inconsistent, people-pleasers, don’t apologize or insist on being right, fakes feelings, victim,
- **We all have different *personas*** – or ways that we might show up in different situations, which is totally normal. For example, the “Me” persona around children is different from the “Me” persona in my high-level Mastermind.
- **Our *personas* become inauthentic when we drift and deviate from our Core Truth and Core Values for the sake of people or situations.**

TUNING IN TO YOUR INNER TRUTH

PART 1: THE "YES KEY"

Guided Visualization #1:

1. *Close your eyes and give yourself a few moments to relax into your breath...*

Now, think about an example of something that you really love, feel strongly positive about, and/or that you're a wholehearted "Yes!" to. This can be anything, a person, place, thing, memory, experience, idea, dream, Core Value, anything at all...

We're going to call this your "Yes Key"...

With your eyes remaining closed, hold your "Yes Key" vividly in your consciousness, and really "tune in" to its essence with all of your senses and begin to connect with the positive feelings that are happening inside of you...

Let the positive feelings continue to arise in you as you think about just how much your "Yes Key" is a YES...

Now, with your "Yes Key" vibrant in your Mind's Eye, begin to shift your awareness into your body...gently noticing where you feel any sensation, or energy, or connection with your "Yes Key"...keep gently scanning your body, noticing any physical sensations...

Now gently bring your attention back to the image in your consciousness, and take a moment to take a couple of breaths, and thank it for being such a YES for you...

Now, let's gradually turn our attention back to the present moment, arriving back here with the group, take a couple of natural breaths...

GROUP SHARE:

OBSERVATIONS FROM THE “YES KEY” EXERCISE!

Questions:

- Only if you feel comfortable, please share – what is your “Yes Key”? (If you prefer not to share you can just say it’s your “Hell YES”)
- What feelings, emotions, and sensations did you notice during the exercise?
- How was that exercise for you? Other observations?

TUNING IN TO YOUR INNER TRUTH

PART 2: THE “NO KEY”

Guided Visualization #2:

2. *Close your eyes and give yourself a few moments to relax into your breath...*

Now, think about an example of something that you strongly dislike, disagree with, or have a strong boundary with. This can be anything, a person, place, thing, memory, experience, idea, anything at all... but please be mindful to choose something that is safe to put your attention on, and not immensely painful or traumatic. Take a few moments to find something that fits...

We're going to call this your “No Key”...

With your eyes remaining closed, hold your “No Key” vividly in your consciousness, and really “tune in” to its essence with all of your senses and begin to connect with the feelings that are happening inside of you...Let the feelings continue to arise in you as you think about just how much your “No Key” is a No...

Now, with your “No Key” vibrant in your Mind's Eye, begin to shift your awareness into your body...gently noticing where you feel any sensation, or energy, or connection with your “No Key”...keep gently scanning your body, noticing any physical sensations, and remembering to breathe...

Now gently bring your attention back to the image in your consciousness, and take a couple of natural breaths, and thank it for being such a NO for you...

Now, let's gradually turn our attention back to the present moment, arriving back here with the group, take a couple of natural breaths, and shake off your “No Key” by physically shaking out your body.

GROUP SHARE:

OBSERVATIONS FROM THE “NO KEY” EXERCISE!

Questions:

- Only if you feel comfortable, please share – what is your “No Key”? (If you prefer not to share you can just say it’s your “Hell NO”)
- What feelings, emotions, and sensations did you notice during the exercise?
- How was that exercise for you? Other observations?

CONGRATULATIONS!!!

YOU JUST UNLOCKED YOUR INNER TRUTH + AUTHENTIC SELF!

- Now that you've experienced the distinction between how you *feel* about your “Yes Key” and “No Key” you've identified how to *unlock* and “hear” your **Inner Truth** and **Authentic Self** when they arise!
- In any situation, you and “tune in” and see how you Authentically feel
- From there, you get to decide how to act in alignment
- Note: sometimes we feel similar “No Key” feelings about something due to FEAR (like public speaking), but that doesn't necessarily mean that it's an “Authentic No”. This is when we get to “tune in” with our Core Values, and **choose** to commit to living by our Core Values *over* allowing our FEAR to limit us.
- Make your Core Values as strong inside as your “Yes Key” – and you will find so much more courage to “do the thing” when you might feel afraid, anxious, or nervous:)

PUTTING IT INTO PRACTICE

GROUP EXERCISE

- I'm going to have you close your eyes, and I'm going to offer up an example of something, inviting you to "tune in" for 7 seconds (with your eyes still closed) and explore whether it's a Yes, No, or Neutral.
- Keep your eyes closed...Then I'm going to have you raise your hand if it's an Authentic Yes, and then I'll invite you to open your eyes with your hand still raised
- We'll do a few rounds of this in several variations (if we have time)

Q+A

(Round Robin)

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