

3 Dimensional Success

Welcome to Inspired Living



The 7 Secrets to Authentic Living

Howdy Everyone,

Welcome to another inspiring and I trust interesting article. This time I'm sharing the 7 secrets to authentic living. Do you want to BE, DO and HAVE more in your lives? I'm yet to meet someone who doesn't. These principles are a starting point to help get you there.

Know your values and re evaluate them on a consistent basis, this helps you become aware of what's important to you and what drives your behaviour. When you know what your values are you can then work toward living congruently with them. This will assist you to feel more peace with where you currently stand in your life.

Develop a deeper understanding of your belief system, you can do this by becoming more aware of your thoughts. You can also brainstorm your thoughts about a topic.

Write your goals. Remember the Harvard study I mentioned in a previous article? A group of graduates who wrote their goals were monitored for 20 years and most of them had reached each goal they'd written. When you jump in the car you have a destination in mind don't you? Well the same principle applies.

Make a list of all the things in your life for which you are grateful. This is a powerful exercise and helps you to shift your perspective from being at effect to being at cause side of your life. It also assists to bring you to a place of inner peace and contentment. When you arrive at this space, you are more able to receive the things you claim you want in life.

Cultivate a deeper relationship with yourself. I hear you asking how? Well how do you get to know someone you like when you first meet. You spend time with them you express your thoughts and feelings and listen to theirs. Start treating yourself like your own best friend. Spend time with you. Meditate, go

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for leisurely walks, spend time alone. Listen and become aware of your own thoughts and feelings. Cultivate this relationship with you. Become your own best friend. After all who do you spend the most time with in your life time but you!

Write a list of 30 things you love about being you. We can be our own worst enemy and our self criticism is off the Richter scale for some of us. How about we think about what we like about ourselves. If you like yourself you increase the probability of others liking you.

Pay attention to the way you feel. Make this a priority. The way you feel affects your ability to manifest or sabotage the things you want in your life, so make sure you feel good a lot of the time and when you don't – ask yourself why and investigate what's really going on. People who attract what they want feel good about who they are. Feel good about being you!

These steps may involve a lot of me me me, but guess what if you are okay with being you, you serve the world and the people around you a whole lot more! Shine so you can allow others to shine too!

If you have missed out on earlier articles, they are all on my website now on the "Articles" page. You can read them online or select to print them for yourself and others.

Have an awesome time

Questions, feedback and future topics suggestions welcome at
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Until next time

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