



Authentic Action

All the insights and inspirations in the world mean nothing if you don't take the action that brings you closer to your goals and dreams. Why do we say "authentic" action? Authentic means that the action we take is consistent with our Life's Intentions. It therefore increases our sense of satisfaction, fulfillment, harmony, and meaning.

Action that is not authentic can have the noisy quality of many flies buzzing around on a hot summer's night. There's lots of movement and noise... but no direction. It is busy but unfulfilling, we call it "driven behavior". Authentic action is usually simple and obvious once we are able to notice it.

The Authentic Action you take can be small. It is not the bigness of the action that matters but that you are taking Authentic Action with clarity, focus, ease, and grace. There are two types of Authentic Action:

Type 1 Authentic Action

This type of action is aimed at clearing unfinished business, whether personal, professional, or spiritual. Examples include:

- 🏠 Paying off credit card debt
- 🏠 Organizing your office or garage
- 🏠 Making amends for a rude remark to a co-worker or friend
- 🏠 Getting a physical or dental exam

None of these are fun, but doing them provides **relief**. More importantly, it releases energy that can be used to focus upon a meaningful goal.

Type 2 Authentic Action

This type of authentic action takes energy and focuses it upon the goal itself. The result is often a sense of joy at the accomplishment, a feeling of being in tune with your values and Life's Intentions. Examples include:

- 🏠 Writing 3 pages a day on a novel
- 🏠 Hiring a personal trainer
- 🏠 Opening a vacation savings account with \$200.00
- 🏠 Signing up to coach a children's soccer team
- 🏠 Sending out your Monthly Newsletter to generate business
- 🏠 Following up on 10 outstanding business leads

In each of our coaching sessions you will leave with authentic actions to take before we meet again. Coaching is not successful unless there is authentic action that follows each session.

Reflection:

1. Where have you taken either Type 1 or Type 2 Authentic Action in your life?
2. What did you experience?