

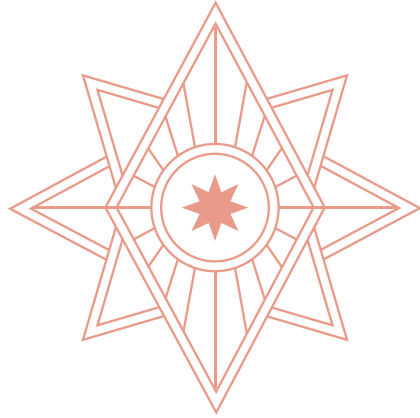
ACCESSING

authenticity

FIVE WAYS TO TAP INTO YOUR
AUTHENTIC, AUDACIOUS SELF

BY LYNSAY CARDER





creating

ALCHEMY

EMPOWERING CREATIVE ENTREPRENEURS TO
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"Authenticity is the daily practice of letting go of who we think we are supposed to be and embracing who we actually are."

~BRENÉ BROWN



EXPLORE

possibility

Think about one thing you would really like to be, do, accomplish, or simply explore. Visualize this with only positive emotions. You can even take a moment right now and close your eyes and see it clearly in your mind. If you don't prefer to visualize, you can write it down or say it out loud (or even do all three). Allow yourself to feel as many wonderful things about that goal or aspiration as you can.

While you are riding those good feels, ask yourself these questions. If you can answer them now, do so. If you need to think more about them, pose the question to the universe. Simply ask, then go about your day. You will be surprised at how the answer will come to you when you aren't expecting it!

HOW DOES THIS IDEA OR GOAL
MAKE ME FEEL AT MY CORE?

HOW WOULD I DO THIS DIFFERENTLY
THAN SOMEONE ELSE?

HOW CAN MY TALENTS
HELP ME ACCOMPLISH THIS?

WHAT IS ONE SMALL STEP I COULD
TAKE TO GET STARTED?



EMBRACE

fear

Fear shows up in many ways during the creative process. It can look like procrastination, doubt, self-sabotage, insecurity, or perfectionism and control (to name a few). We might not always feel "scared," but fear holds us back more than we might realize.

Oftentimes, we think we have to conquer fear before we can be our authentic selves. Our true self wouldn't let fear hold us back, would it? No, of course not! But the answer isn't to eliminate fear completely. The secret is understanding that fear will ALWAYS be there. It's actually an important part of the process! Fear inevitably shows up when you start something new and audacious, or put yourself out there. But when it does, instead of letting fear take over or derail us completely, we can flip the narrative:

RECOGNIZE FEAR, AND THEN MAKE IT COMPLETELY BORING AND UNIMPORTANT

"Hello, fear. I see you there trying to do your thing again. But I am going to do MY thing now, and it's the most important thing. So you can sit over there and not have a say in this."

FEEL FEAR, AND THEN MOVE FORWARD INTENTIONALLY

You've probably heard the saying "Be scared and do it anyway." So go ahead and feel the fear, and then ask yourself "What is one single intentional small step I can take in the direction of my goal?"

THANK YOUR INNER PROTECTIVE RESPONSE (AND THEN TELL IT TO SHOVE IT)

We have a natural response called "fight or flight." Sometimes it kicks in during our process, which is inconvenient. Simply tell yourself, "Self, thank you for alerting me to the 'danger' of uncertainty. This isn't a life-threatening emergency. I simply want to step into my magic. I'll take it from here!"



ENHANCE

confidence

Imposter syndrome, comparison, the inner-critic... We have all experienced it, right? The truth is, there are other people out there doing similar things to what you want to do. But guess what? **THEY CAN'T DO IT THE WAY YOU DO!** And that is your superpower. Here are some ways to embrace your authentic vision and steadily build more confidence:

ASK A SMALL QUESTION

What would it feel like to be more confident?
Your subconscious will look for an answer.
Over time, you might find yourself just effortlessly acting from that answer.

MAYBE 5% MORE

Accept or believe just 5% more of the possibility of whatever it is you'd like to achieve. Trusting 5% more works well when 100% feels overwhelming.

100% FOR JUST 15 SECONDS

Believe 100% of the possibility is true for just 15 seconds at a time. Try doing this as many times as you can remember to.

ACTING "AS IF"

Imagine that you are someone who is already where you want to be. What if you acted like that now? What if you acted like you trusted yourself in the process? What if you acted like you deserve what you want? Imagining what we want invites it to happen.



ESTABLISH

boundaries

Our notion of “Yes” and “No” can limit the way we are showing up in our creative process. When we confuse the two, we can send an inauthentic message to the world. It can look like:

YES, I will take on that extra project. Yes, I will do that job for half price. Yes, I will give up my weekend to work a little more. Yes, I will put everyone else before myself...

NO, I am not going to take a lunch break today. No, I don't have time to work on that personal project. No, I am not qualified to charge that much. No, I am not going to explore a new hobby because I might fail...

The point is say yes to the things that you really want to do, that will push you toward your goal, light you up, and honor your values. Of course sometimes we can't just say no. There are things that need to be done. But when you DO have a choice (and you do more often than you think) say NO if it's not in your heart, and YES if it is!

TAKE AN HONEST INVENTORY

What immediately needs to get done?
What can wait a little longer to allow time for you to work on something that inspires you?
(Hint: The laundry can wait.)

YOU ARE NOT REQUIRED TO FINISH EVERY PROJECT

What doesn't inspire you anymore?
Is there a project that can take a temporary (or permanent) break?

REFRAME YOUR PERSPECTIVE

Explore how it feels to say “I GET to do this” vs. I “HAVE to do this.”



EXPERIENCE

freedom

Part of being authentic is removing labels, masks, and preconceived notions of who we think we “should” be. If you are doing something for you—because you love and enjoy it—that’s true authenticity. That’s freedom to be and show the real you. This will not only help you stand out as unique, but it will also create connection and community. Your successes and struggles will inspire others.

Authenticity means showing yourself, and being who you are no matter what other people think. Not everyone is going to connect with your story, approach, vision, and vibe. That’s OK! Becoming comfortable with the uncomfortable is where the magic happens. It clears away the people who aren’t meant for you! Think of it as curating your own personal group of like-minded friends who are full of real support and encouragement.

If opening up feels difficult, remember that you can always refer back to tips 2 & 3 of this guide! You can also explore more resources on www.CreatingAlchemy.com and even book a FREE Creativity Coaching discovery session to feel more empowered in your process, and get to the work you really want to be doing!

OWNING AND SHARING YOUR STORY
CAN FEEL DIFFICULT...BUT NOT AS
DIFFICULT AS DENYING YOURSELF THE
OPPORTUNITY TO EXPLORE YOUR
INNATE TALENTS AND CALLINGS.

hello!

I'M LYND SAY

I HELP EMPOWER CREATIVE ENTREPRENEURS
TO BRIDGE PASSION, PURPOSE, AND POTENTIAL



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Lyndsay@CreatingAlchemy.com