



## **KEEP TRUE TO YOUR SELF**

### **\* Be self responsible and create the environment you want**

Create an environment, at home and at work that allows you to express your true Self. Notice the environments you enjoy. What is happening in these environments that is not happening in the environments that drain you? Note your feedback, the essential ingredients eg systems, atmosphere, people; note their quality and quantity. Now with this key information create environments that will be more supportive of you and your true Self.

### **\* Give your Self the gift of time alone**

Spend time alone and enjoy the peace it brings. Allow yourself to tune into your Higher Self, Spirit, Intuition...whatever it is within you that guides you. Honour the inner guidance, inklings and feelings you receive during these quiet moments of solitude, these will support you in being your Self.

### **\* Drop behaviours that no longer fit for you**

Your behaviours are like clothes, they can either pull you down or make you feel great. Do your old familiar behaviours still fit? If not drop them and find more empowering behaviours that support you in being true to your Self.

### **\* Make it easier, get support**

Surround yourself with people who honour you and bring the best out in you. If the going gets tough be kind to yourself and recruit the support of an objective person, possibly a colleague or coach, who is willing to challenge you and keep you on track.

### **\* Commit to loving, accepting and valuing your Self**

Be prepared to stand up for who you are. Let your values, your essence, be known and be willing to accept that the values of others may differ from yours. Acknowledge that by loving and valuing your Self you are being true to your Self and you empower others to be true to them Selves.

### **\* Speak your truth**

Communicate your feelings and thoughts, rather than withhold, edit or censor them. See anything less than the truth as being destructive of your Self and of the relationships you are in. Do not let your need to be loved or respected by another or your fear, of losing someone or a job, stop you communicating your truth with grace.

### **\* Acknowledge the power of intention**

Intention brings freedom, freedom to be your Self. Your mind is powerful so make sure that your beliefs support your intention to be true to your Self. Your loving relationship with your Self does not need to exclude other important relationships in your life, backed by intention it will enhance them.