

# *Your Guide to Spiritual Authenticity*

A essential, personal, journey you can kick off today

## *Enhance Your Spirituality, Honor Your Authentic Self*

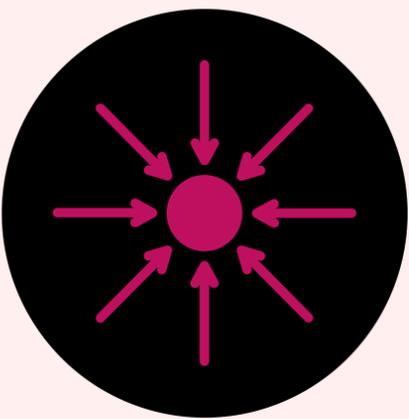
The journey to Spiritual Authenticity goes beyond "surface" attention to your spiritual foundation and development - it must include identification and elevation of what is genuine and true about you at your core - without the game-playing and false faces.

### **HONOR THE MANY 'COLORS' OF YOU**



#### **YOU HAVE PERMISSION TO LISTEN TO YOUR HEART & YOUR SPIRIT**

Tap into your spiritual side and expect changes. Your actions will bring up new feelings & thoughts. Allow your heart & your spirit to guide you and encourage your curiosity, interest & excitement. Be open to 'signs' or coincidences showing you're on the right track.



#### **PUT THE POWER OF AFFIRMATIONS TO WORK**

Change isn't easy - but Affirming who you are and what you want to become brings benefits: motivation, influence, mental clarity, greater awareness, and gratitude. Intentional daily emphasis on what's right about you and who you want to be enhances your Authenticity.

#### **BEGIN TO RECOGNIZE YOUR SPIRITUAL SIDE**

Some might call it 'intuition', others will call it a "knowing," but whatever term you use to describe it, you should be paying consistent attention to it. Acknowledge your desire to BE more spiritual - it's the first step on the path of the seeker.



#### **AUTHENTICITY IS A SKILL THAT YOU CAN DEVELOP**

Let go of who you THINK you're supposed to be (or what you've been TOLD you must be) and embrace who you really, truly ARE. Give up the 'false face' - be yourself - BE that true self. Emphasize who you are at your best - and do it consistently for at least 21 - 28 days. That's your first step toward Authenticity.



**DISCOVER A PLAN TO DEVELOP SPIRITUAL AUTHENTICITY  
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Learn how 7 simple, powerful, daily questions and the power of Journaling can empower you to center your spirituality and manifest authenticity every single day

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