

George Bernard Shaw said, "***Life isn't about finding yourself, life is about creating yourself.***"

Think about how we do that - actually all the time - when we show up differently. For example - at a job interview. You don't expose your vulnerabilities or talk about your failures - you talk about your victories, strengths and how you're a great team player.

When we look in a mirror, we're looking for reassurance - "I look pretty, my butt doesn't look too big in that, there's no lipstick on my teeth..."

Caroline McHugh, the author of *The Art of Being Yourself* says, "We are born complete, with one true note that we're destined to sing."

And that doesn't mean this true note dictates a job or career path necessarily, it dictates **THE WAY WE DO IT.**

When we see someone who has made a decision to take up the full essence of who they are, we often say, "They're larger than life," but really aren't they just doing things and living their life **FULL OUT** - taking up space and being **AUTHENTICALLY** themselves?

They've stepped into the fullness of **BECOMING.**

And for you and for me and for anyone reading this, our only hope in becoming our best selves is to take it seriously, like a job. You're here on purpose, for purpose.

## **There is no higher calling!**

According to McHugh, we're all born with a life sentence. Even though we have no idea how long we've got, we shouldn't ask what is our life expectancy but what is our expectancy about life?

Children are authentic and don't hide who they are. Through shaping (or warping) of family, religion and culture, they become conformed to perform - having good manners, doing homework, getting a job, having a family, etc...

Old people are authentic too - they'll let you know straight up what they like and don't like - no gentility, just put it out there.

Jill Scott, the singer, says, "We all come with our own magic, our own queendom. Mine can never compare to hers, and hers can never compare to mine."

That's OWNING yourself right in the middle of life when many of us shrink back and start pretending.

Diminishing, dismissing, and ignoring the shine that is uniquely ours is what we mostly do as women.

And instead, BECOMING all that is uniquely yours by shunning comparisons and **daring greatly**, as Brene Brown would say, to unequivocally explore, create, and discover who you are.

You don't need anyone's approval to be unequivocally yourself.

Remember:

- Don't mistake other people's opinions of you as your own

- Living the same year over and over isn't a life. Reinvent your life as necessary!

- Look for the possibilities of change - not in times of weakness but in times of strength. (In health to get stronger, not in crisis sitting across from your doctor; in partnership or marriage, not when your spouse announces he's leaving; in your job to become better and take on new responsibilities, not when you're about to get fired.)

If you could be the woman of your dreams, who would you be?

The pendulum swings - some days are "good hair" days and some days just aren't.

But to become is to know, according to Pierre Teilhard de Chardin, that "We are not human beings having a spiritual experience, we are spiritual beings having a human experience."

Ghandi said *his life* was his message - is *your* life your message?