

The dictionary defines authenticity as the quality of being genuine and real. Of UNDISPUTED origins; genuine, NOT A COPY of anything or anyone else! (Cool, right?)

To be authentic is to be true to yourself.

- Your values
- Your personality
- Your spirit
- Your ideas

That means your honesty is your moral compass, your core values that you wear on your sleeve.

Wise women know this and practice this in everyday life. Psychologists tell us that authentic living shows up in the following ways:

- 1.** They have realistic perceptions of reality; they don't spin the truth to suit their needs, rather they seek the truth.
- 2.** They accept themselves and others, EVEN when they don't understand or agree. This isn't just authenticity, it is love expressed with grace and empathy.
- 3.** They are thoughtful, see others, speak kindly, remember birthdays, and cook a favorite dinner. They listen, are considerate, caring, attentive...the list goes on.

4. Funny without the passive/aggressive edge. No belittling, insulting, embarrassed, butt of the joke ways. Put-downs like this are disguised hostility and have no place in an authentic life.
5. Expressive - able to emote freely and clearly. They don't bottle it up, shut down, and sulk, or hold grudges. Wise women don't behave like petulant children.
6. Humble, admit to being wrong, AND willing to learn from their mistakes. They use the Experience File. They analyze in order to build back better.
7. They have clean motivation for following a path to do better, to be better, to love more.

We create vibrant lives by living AUTHENTIC lives.  
Remember, we are CALLED on purpose and for a purpose!