

arlene | rosenberg **Standing Strong**

How to Become An Authentic Leader

Anne Morrow Lindberg in, *The Gift from the Sea* says, "The most exhausting thing in the world is to be insincere." Is she telling us to become more authentic and connect to our selves? I know she is. Below are 10 tips I have put together from my years of studying authenticity and teaching it to thousands of people.

1. Take responsibility for your life by focusing on learning to trust yourself in all situations.
2. Let go of being dependent on others' opinions, worldly status and possessions as a measure of success
3. Stop letting the world rule and validate you.
4. Start listening to the prompts of your inner voice and gain access to your primary wisdom.
5. Create personal relationships that serve and support others as well as yourself.
6. Discover your life purpose and meaning and measure yourself against it everyday.
7. Become the "author and composer" of your destiny.
8. Develop a willingness to change some of your beliefs and practices
9. Live in a world of possibility and become a courageous risk taker.
10. Surrender the fears that feed your comfort zones and replace them with new habits, attitudes and beliefs.

Please take this list and spend the next 30 days reading it at least once. By the end of the month you will experience a mind shift that will create more abundance in all areas of your life. Note when you are practicing a tip and when you are not. This will help reinforce what you are studying.