

MINDSET MONTHLY

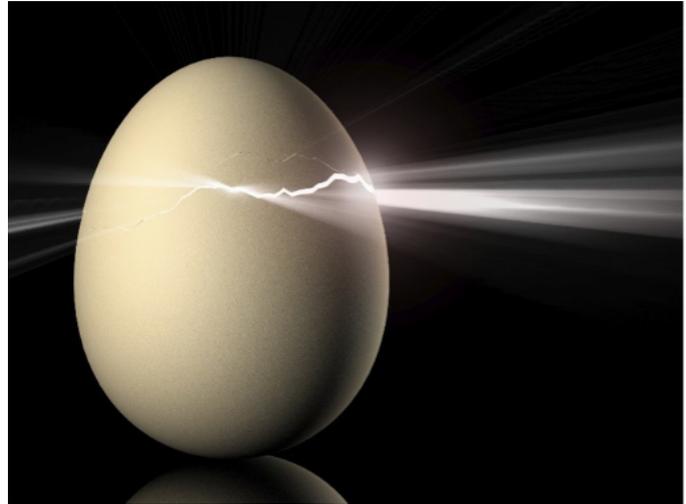
1 Jun 2017

*"If an egg is broken by an outside force,
life ends.*

If broken by an inside force, life begins.

*Great things always begin
from the inside."*

Jim Kwik



Great Living Begins From Living Authentically

by Dr Lynda Wee

Sustainable and scalable real change comes from within. It is powered by the force inside rather than outside. How do we tap this internal force to live better?

Shakespeare posits, "To thine own self be true". To do so, first, we need to know who we are. When introducing ourselves, we describe what we do. When filling up forms, we respond with the labels given to us in terms of birth, race, gender, academic qualifications, work experience, etc.

However, none of these reveal the person that we are on the inside. These blanks on a form represent mere categories as relative to other people.

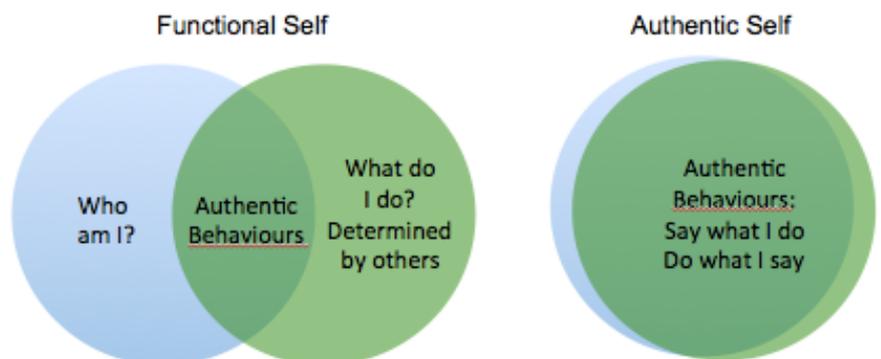
When interacting with others, we change our personas to fit in the various circumstances. In so doing, we are not being ourselves at our deepest level. This suppresses our creativity, ingenuity and self-awareness.

In today's era of connectivity, we receive endless ideas that influence our thoughts and actions. In our attempts to create a sense of self, the more we look outside ourselves, the farther off track we go. No amount of changing our identities to seek others' approval is going to bring us closer to actually understanding our inner selves. How can we recognise who we genuinely are when we spend most of our time trying to be someone else? Are we living a life that is more in tune with our authentic selves (who we want to be) or functional

selves (who others want us to be)?

Our authentic selves refer to our absolute core, unique to each of us. It is the part that cannot be defined by job, function or role. It comprises our true gifts such as our beliefs, skills, talents and wisdom. These gifts need to be applied to tasks that truly matter to us.

The functional selves is about performing roles assigned by others. It sends out false information about who we are and what we should be doing with our resources.



How can we be the first rate versions of ourselves when we live our lives on the surface of our identities? Can external force determine our authentic selves for us?

To be in touch with our deepest selves, we have to go inside-out, not outside-in.

“Be a first rate version of yourself, not a second rate version of someone else.”

Judy Garland

Begin great living by tuning in to our inside force through 3 simple steps:

1. Know one’s authentic self

Reflect: Who am I? What is the purpose of my existence?

Like turning on an inner light, we need to awaken something deep inside ourselves to develop a well-founded self-concept to guide us in our daily choices and evaluate our worth.

Start with what is truly important: Core values and goals. Write a list of words that describe who we want to be and who we believe we can be. Next, create a path that is congruent to who we want to be.

Authentic people respond to intrinsic motivation. Their thinking originates from deep within, and is sufficient to resist external pressures. They enjoy gratification and exude a quiet confidence.

2. Live authentically

We need to be true to our thoughts and actions just like what Dr Seuss advocates, *“Be who you are and say what you mean”*. Being honest is a top priority. Behave authentically. Learn to say no to things that conflict with our authentic selves. Though it is not easy, we can be thoughtful and considerate about what and how we communicate our

decisions.

We feel a resonance of affirmation when what we do is aligned to who we are. When we go against our authentic selves, we feel disconnected and out of sorts. This starts a self-editing process where we do more of the things that express our authentic selves and less of those that do not.

3. Adapt and improve

Being authentic is a continuous process, not an isolated event. Be curious. Don’t make assumptions. Ask questions. Acknowledge our limitations. Be humble. Say what we mean and mean what we say through actions. Do our best. Seek and accept feedback. Adopt continuous improvement.

Life is not a dress rehearsal. We have to dive deep within ourselves, and empower our inside force to create our remarkable lives.