



SUCCESSFUL THINKING NEWSLETTER

DJC



COACHING CONSULTING AND TRAINING, LLC.

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Embracing Authenticity

Welcome to the May edition of the **DJC Successful Thinking Newsletter**! This month, we are exploring a deeply resonant theme: The Authentic Path and Embracing Your True Self in Pursuit of Success. As the spring season reaches its zenith, it's the perfect time to reflect on what authenticity means in our lives and how it can significantly enhance our personal and professional growth.

This issue delves into the power of authenticity, highlighting how true self-expression can result in a more fulfilling life experience. Additionally, you'll find actionable strategies to help cultivate your authentic self in everyday situations. Of course, as with every edition of the newsletter, we put into practice the learning concept through our monthly activity.

Embrace this journey with us as we uncover the transformative impact of authenticity. Learn how aligning your actions with your true self can open up new pathways to success and contentment. Here's to discovering and celebrating your genuine self this May! 🌸🌟📖

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INSPIRING PASSION, CONFIDENCE & AUTHENTICITY

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Embracing Authenticity

The True Path to Personal Fulfillment

In a world that often rewards conformity and adherence to social norms, the pursuit of personal happiness and authenticity can sometimes seem like a daunting task. Yet, embracing our true selves is essential for lasting fulfillment and success. The mantra that "your happiness does not have to make sense to other people" serves as a powerful reminder of the importance of believing in our own value, regardless of external opinions or expectations.

The Power of Authentic Living

Living authentically means aligning your actions and decisions with your personal values, desires, and passions. It involves understanding and embracing who you are at your core, and expressing that truth in all aspects of your life. This alignment brings a profound sense of satisfaction and peace because you are no longer splitting your energy between who you are and who you feel you should be.

Authenticity fosters deeper connections with others, as genuine interactions are based on truth rather than constructed personas. Moreover, it enhances your decision-making process, as choices are guided by an internal compass rather than external pressures. This leads to more consistent, confident, and clear decisions.

The Challenge of Embracing Authenticity

Despite its benefits, the journey to authenticity is not without its challenges. Society often imposes a myriad of expectations on individuals, dictating how they should act, think, and feel. Breaking free from these expectations to follow one's own path can be met with confusion or criticism from others. It is here that the courage to stand firm in your own beliefs and values becomes crucial.

It's important to remember that your happiness and your path do not need to be justified to others. Each person's journey is unique, and what brings true joy to one may not make sense to another—and that is perfectly okay.

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Cultivating Your Authentic Path



1. **Self-Reflection:** Regularly engage in self-reflection to understand your true desires and values. Ask yourself what genuinely makes you happy, what you stand for, and what you seek in life. This clarity will serve as your foundation for authentic living.
2. **Setting Boundaries:** Learn to set boundaries that protect your energy and honor your values. Saying no to things that don't align with your authentic self is not only empowering but also essential for your well-being.
3. **Pursuing Passions:** Actively pursue your interests and passions, even if they seem unconventional or unexpected to others. These are integral parts of who you are and key to experiencing deep joy and fulfillment.
4. **Seeking Supportive Environments:** Surround yourself with people and environments that support and celebrate your authentic self. Being around like-minded individuals can reinforce your confidence and help you thrive.

Not Caving into Societal Pressures

Let's talk for a moment about the elephant in the room, societal pressures. I am a natural introvert, but I live the life of an extrovert. In her book, *Quiet: The Power of Introverts in a World That Can't Stop Talking*, author Susan Cain explains how society prefers extroversion and looks at introversion as a defect. In learning how to thrive in a world favoring extroverts, I have had to become acutely aware of my personal boundaries. Sure, I believe that if we don't push ourselves outside of our comfort zones, we will have a hard time growing beyond the limitations we create, but also I think it is also important to take note of the 'why'.

When I stop and ask how I am feeling about a particular situation wherein I must choose between my natural inclination or force myself out into extroversion, this

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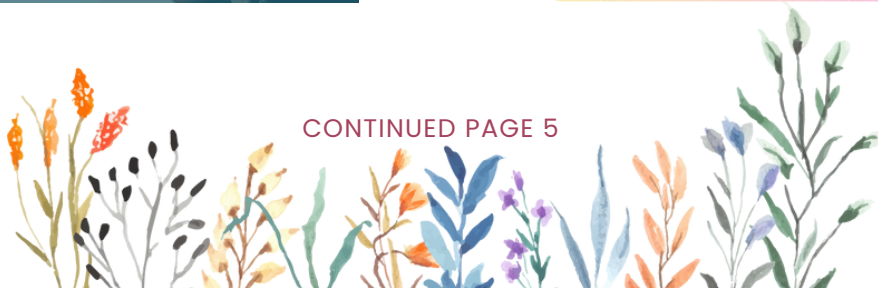


gets me to the place where I can then challenge myself and the why behind my choice. Am I caving into what others believe is the right choice? Or am I doing what's right for me? This level of reflection and metacognition is a way for me to stay true to myself and be perfectly fine with just being me.

I believe the first step in this process is my tuning into my feelings and sitting with that. Society also tells us that we need to “pull ourselves together” when we are uncomfortable. What does that mean? What does it mean to “toughen up” or “grin and bear it”? And why can't I take notice of my feelings to be able to understand where I am at that moment and what thought is contributing to the feeling? From there I can then choose through a rational thought process that does not involve what others believe I should do. In the end, I need to stay true.

“I stay true to myself and my style, and I am always pushing myself to be aware of that and be original.”

As we navigate through life, the call to be true to ourselves is both a challenge and a profound opportunity. My wish is that this journey of authenticity inspires you to discover and affirm your unique value. Let your happiness be shaped by your own beliefs and convictions, for in this personal truth lies the key to a deeply fulfilling life. Remember, your happiness—and your authentic self—do not require anyone else's understanding or approval to be valid and valuable.



May Successful Thinking Exercise

Authenticity Reflection Action Plan

This month's exercise can help you deeply explore your true self and begin taking tangible steps towards living more authentically in alignment with your personal values and desires.

Materials Needed:-

- Journal or digital document for reflections
- Pen or digital device for writing



Steps:

1. Self-Assessment:

- a. Dedicate a quiet time to reflect on what authenticity means to you. Consider the areas in your life where you feel you are truly being yourself and areas where you feel you are conforming to external expectations.
- b. Write down instances from the past month where you felt you weren't true to yourself. What prompted these situations? What were the repercussions on your emotional and mental state?

2. Values Clarification:

- a. Create a list of your core values. These should be qualities or principles that you find fundamentally important, not just those that are admired by society or expected by your social circle.
- b. Rank these values in order of importance to you. This will help clarify which values you want to give more attention to in your daily life.

3. Setting Boundaries:

- a. Based on your core values, identify where you need to set or strengthen boundaries. These could be related to your time, energy, emotions, or commitments.
- b. Write specific statements of intent, such as, "I will decline meetings that interfere with my designated family time," or "I will not engage in activities that drain my energy without providing meaningful return."



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4. Pursuing Passions and Interests:

- a. Make a list of activities and interests that truly resonate with you and bring you joy. These should be things that you do purely for the satisfaction they bring, rather than for any external rewards.
- b. Schedule regular times to engage in these activities, treating them as important appointments on your calendar.

5. Creating Supportive Environments:

- a. Evaluate your current environments—work, home, social circles—and assess whether they support or hinder your authenticity.
- b. Plan one change you can make in each environment to better support your authentic self. This could be as simple as redecorating a space to better reflect your personal style or choosing to spend more time with people who appreciate you for who you are.

6. Commitment to Self:

- a. Write a commitment to yourself about living authentically. This could be a short paragraph that encapsulates your intentions to honor your true self, values, and passions.
- b. Place this commitment somewhere visible as a daily reminder and motivator.

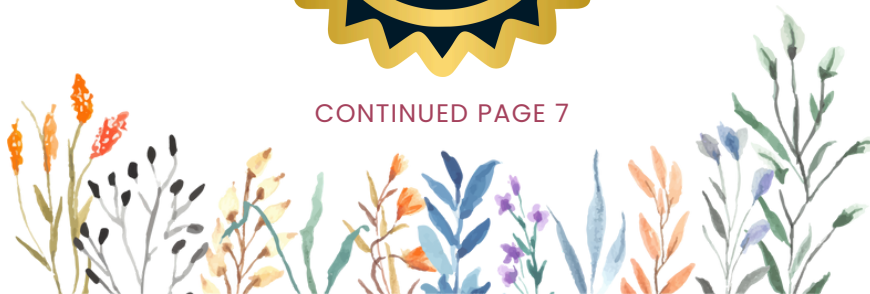
Reflection:

At the end of the month, return to your journal and reflect on the changes you've made and how they have affected your sense of authenticity and well-being. Assess what has worked, what hasn't, and what further adjustments are needed to continue living authentically.

This activity is designed to be a starting point for anyone looking to embrace their authentic self more fully. By actively reflecting on and engaging with your true values and desires, you set the stage for a richer, more fulfilling life that resonates deeply with who you truly are.



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