

Dream Big & Bloom Podcast Episode #15: How to Find Your Authentic Self

Transcript

Hi, and Welcome to the Dream Big & Bloom podcast for creating a life you absolutely love.

I'm Mardi Lynn, certified DreamBuilder Coach and I believe

1. You are capable of far more than you know
2. You were created to have an amazing and fulfilling life. It's your birthright.
3. You DON'T HAVE TO SETTLE for just "good enough"
4. You are more powerful than any circumstance, situation or condition
5. You absolutely can create the life of your dreams.

And I'm here to show you how.

This episode was inspired by a retirement age woman I encountered, who is embarking on a journey to self-realization and life transformation by discovering her authentic self.

Finding one's authentic self is an issue for so many women. It's never too late and I'm going to share a simple, fun DreamBuilder process for accessing your Higher Power, receiving guidance, and answers to all your questions so you can experience the amazing life you deserve.

I recently joined an interesting conversation with a woman who was starting to journal every day and was discovering her voice. She said she had come to a realization that "she had not lost her voice, but that it had just gone a bit underground where it needed space and time to gestate." I thought that was such an interesting way to put it.

She went on to say, that that "underground" has been where she feels most comfortable, and in those moments when she does venture outward, she is always a bit nervous about it,

Can you relate to that? Has the voice of what's true for you, been "underground" where it's more comfortable. Does it make you nervous and uncomfortable to "venture outward." Is there something that's been gestating that is eager to be birthed now?

She said that in the last year or so she has chosen to walk through that nervousness and express herself, as the pressure to do so was so great at times.

This is a perfect example of how Life, God, Our Creator, keeps nudging us.

She said she had felt thwarted her entire life, knowing she needed a way to self-express, and now she has started writing every day and sharing her messages in a private Facebook group.

What's your way to express your unique talents and abilities? There are many avenues of self expression in addition to writing or art. It's important that we each find our own way to outer expression and sometimes that requires some inner work first -- to gain self confidence and a sense of deserving.

So many women have been thwarted their entire lives. We've been programmed to do for others, and we settle for less than we deserve. This is what fuels my passion for my work.

This gal said something that really resonated with me. She said, *"We're all being called to think differently right now, don't you see this? What will it cost you to just stop and think? Make up your own minds, by all means, but at the same time, allow yourselves to open up just a bit, you may be pleasantly surprised by what you discover."*

As I've said before, challenging times can be the catalyst for change and we need to stay open to new possibilities. These are foundational principles of Dream Building.

I congratulated her for being willing to move forward and told her how excited I was for her and the great adventure she is undertaking.

Do you feel like you've been thwarted to some degree in your life up until now? Well, it's never too late to step into our greatness. And it can be exhilarating if you look at life as a grand adventure of continual growth and expansion. Especially when you have the tools for nurturing a clear vision and overcoming fear and doubt.

Our creator is continually calling to us to express our unique talents and perspectives and will show us the way. We need to invest in some introspective time like this woman, listen for It's messages and then follow through.

One of the ways we learn to recognize It's guidance in the DreamBuilder Program is to focus on how we feel. We ask ourselves, "what would I love?" What lights me up? What fills me with joy and gratitude. And then do that. The more we focus on the answers to these questions, the more amazing our lives become. It can be that simple and so much fun. You just have to do the practice!

Are you excited?

I hope you will try this today. Go within, and ask yourself these questions: What would I love? What lights me up? What fills me with joy and gratitude and then do those things.

If you do this several times during the day, and focus on one day at a time, you will be amazed how soon your level of peace and joy increases. And... that positive energy has the power to solve problems and attract good in ways that you might not have even thought of.

I invite you to try this. Throughout the day, ask yourself, What would I love? What lights me up? What fills me with joy and gratitude and then do those things. And do less of the things that cause you turmoil and stress (like watching the news.) Focus on self-care. It's not selfish. It will actually make you more effective in the world. You can't make a difference if you make yourself sick or kill yourself with stress and worry.

So focus on what brings you peace and joy and what you would love. You can experience it all in the present moment and don't have to wait for your vision to completely manifest. You can fully enjoy the journey as well.

I'm eager to hear about your results! Let me know in the comments at DreamBigandBloom.com/episode #15

Thank you for listening, it's my joy and privilege to serve you. If you're enjoying this podcast please review it on iTunes and share it. That helps more people discover this work.

If you have a burning question you'd like me to answer on a future episode, or if you'd like to be a guest on the podcast and receive some laser coaching, go to dreambigandbloom.com/blog and post let me know in the comments section.

If you're finding the ideas on this podcast useful and you would love in-depth personalized support for overcoming any challenge and creating a life you absolutely love, I invite you to apply for my DreamBuilder coaching program where we take all the things I talk about here and apply them to you and your life. Just imagine you and me together every week for 12 weeks laser focused on how to feel happy and fulfilled and realize your dreams. By the end of our work together you will have the tools and practices so that no matter what happens in your life, you can live with peace and joy.

Go to [Dream Big and Bloom.com](http://DreamBigandBloom.com) and book a complementary Discovery call. We'll get clear on exactly where you are now, where you would love to be and the best next step you can take to move you forward.

I look forward to talking with you soon.
Bye for now,

Here are the next steps you can take

1. Join the conversation in the comments and and post any questions you may have.
2. Listen to my other podcasts, especially #7 - 9
3. Be a guest on the show and get free coaching? [Click here](#)
4. Get [the full DreamBuilder Program](#) with coaching support? [Book a complimentary Discovery Session on my calendar](#). We'll get clarity on exactly where you are now, where you would love to be, and decide if we're a good match to work together.