

5 Lies that Keep Us from the Radiance of Ourselves

Ann Strong

1. *Doesn't Everybody Do That?*

When we are most ourselves – radiant and alive – our beingness and what we do comes naturally to us, without self-consciousness or judgment. Often effortlessly. We mistakenly imagine that if it is effortless for us, then it must be effortless for everyone. We also often take that one step further: if it's effortless, it must be of little value.

Truth: It takes no effort to be you. If you're struggling, gently look to where you aren't allowing you.

Truth: It would take great effort and net poor results for others to try to be you.

What would it take for you to release self-judgment and self-consciousness that tends to dim your radiance?

2. *I Don't Know Why I'm Here.*

We all chose to be here. On this planet. Now. As exactly who we are. We may have forgotten why we chose this, and in a moment we can remember. And/or we can follow the threads that run throughout our lives. We can see the clues all around us. We can find the answer in what outrages us and in what makes us happy.

Truth: You are here for very specific reasons. Your choices and your life give you the clues you need.

When you take a deep breath and become still and present, what insights come to you?

3. *I'll Do It When . . .*

Our culture promotes putting off our lives. When I grow up . . . When I finish school . . . When I finish grad school . . . When my debt is paid off . . . After we get married . . . When I lose the weight . . . When I make more money . . . When the kids are in school . . . When the kids are out of the house . . . After Mom doesn't need so much care . . .

Truth: There is only NOW. Only this moment. If this isn't the moment to be who you are here to be, to do what you are here to do, then there is no other moment. Ever.

Even if you have a Big Dream that requires lots of time and money, how can you embody some aspect of it now?

4. *I Can't Afford It.*

When we say, "I can't afford it," we are almost always referring to how much we do or don't have in our bank account. We don't take into account the knowing that if we align with who we are and why we are here, then the

"I was born for this."

Bringing yours to reality

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Divine rushes in to support us – monetarily and otherwise. We overlook the huge price we pay by not allowing ourselves to become who we are here to be and do what we are here to do.

Truth: You can't afford the high price of an unlived life that is only yours to live.

What daily self-exploration or self-expression practice might you allow yourself now?

5. I Don't Want To Be Selfish.

If we each don't follow our "selfish" desires, completely unique to us, then who will? If we are busy helping others to do what they are here to do, but we've abandoned our own self-exploration and self-expression, then who will be us and do what we are here to do? And, can we really "help" if we are denying our own radiance and gifts?

Truth: Being "selfish" is the path to being you and doing what you are here to do. Being selfish serves as a role model for others to do the same.

What would it take for you to focus more within?

The World Needs Each of Us!

If you've read this far, something is calling you to be more you now and to serve as a radiant light showing the way for others!

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If you would like a wonderful environment in which to explore, consider any of the following next steps:

Workshop - Strong You / Strong Life / Strong Work

Join a small group of 12 for a one-day workshop in Denver to explore your top 5 natural StrengthsFinder strengths:

<http://annstrong.com/strong-you-strong-life/>

Retreat - Align with the Divine and Strong from Within

Come for a personal, solo weekend Santa Fe retreat or bring your sister or friends (intimate groups of 2 – 4):

<http://annstrong.com/retreats/>

One-on-One, Deep Coaching - over the phone or an in-person Santa Fe retreat or both

Life and business coaching for small business owners and solopreneurs:

<http://annstrong.com/coaching-you/>

Mentor coaching in addition to life and business coaching for coaches and strengths coaches:

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<http://annstrong.com/mentor-coach/>

Read the Book -

Thriving Work: 90 Days of Daily Practice for Transforming You and Your Coaching, Consulting or Healing Business

<http://annstrong.com/thriving-work-book/>

(Or purchase the Kindle version on Amazon)

About the Author

Ann Strong started her first successful business at the age of 23. She has served as a small business coach since 1997 and has been igniting certainty, confidence and clarity based on our own natural strengths and what we love since 2008.

She had to come face-to-face with her own “I’ll do it when . . .” and “I can’t afford it.” to move to New Mexico, the home of her soul. She was born to offer intimate retreats in New Mexico and there is still more to come – as she will eventually design (and have built) an intimate retreat center.

She is walking her talk as she walks alongside you . . .