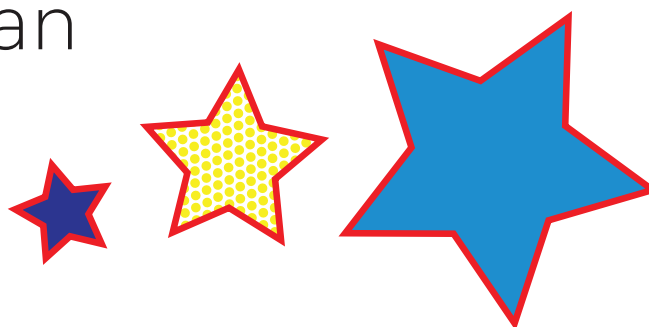


The Authentic Wonder Woman



In thinking about the Authentic Wonder Woman (AWW) of today, I am amazed at how incredible we are as women. We run businesses or careers, manage households, raise children, connect with husbands or boyfriends, work out and take care of ourselves, spend time with girlfriends, volunteer to worthwhile projects and organizations, indulge in hobbies, participate in Book & Supper Clubs, save the world, attend church and Bible Studies, create art and music, go to social functions... all while trying to achieve balance, poise and grace. It is amazing we can play so many different roles and still have time to accomplish so much, yet, are we happy? Can we do it all and maintain a life of balance and pleasure? And are we being ourselves?

In my Life Coaching business, I am hired by mostly women to help them re-balance and re-prioritize their lives; re-discover who they are; and re-claim their own inner beauty, passion and self worth. We create a partnership for re-learning of the self, and engage in a very powerful process. On the outside looking in, most women look and act like we have it all together... yet, something is often missing. More fun, more passion, more authenticity, more meaning, more love, more joy... full-out permission to be genuine. We want our insides to match our outsides and to be fully transparent. We rarely work on acquiring more things, making more money or obtaining more power. We empower and inspire, create accountability and make forward movement.

We start with defining a person's values, or the qualities that are most important to them. We excavate her inner depths, and then look at how well she is living her values in each of the basic areas of her life. It is an opportunity to explore not only what is missing, but also see what's working. Some of the more common values we unearth are around adventure, freedom, beauty, belonging, creativity, helping or impacting others, connection, integrity, trust, fun, learning, love, passion, peace & harmony, and responsibility. The values are the "checklist" for the AWW, and underlie everything we do.

Once a woman knows what is valuable to her, she can begin to make choices about what she does and how she does it, based on her own guiding principles. That is when the change begins to take place and we start to accomplish what has previously been thought of as impossible. As women, we start to feel more confident and more beautiful, and act accordingly. We feel more love for ourselves and others, and it shows.

The AWW of today is the woman who is real in all of her many roles, and makes the most out of her life. She can balance the daily life demands while finding pleasure in all that she is doing. It is a choice, and she understands that. Ultimately, the AWW develops a few common traits.

THE AUTHENTIC WONDER WOMAN OF TODAY...

KNOWS HER PASSION AND PURPOSE The AWW knows what is essential and why she is doing something, and pursues it with passion. She cultivates creativity, infuses life with fun, and takes inspired action every day.

CONNECTS TO OTHERS The AWW is all about tending to her important relationships. A quick phone call, a hug and kiss, making plans, a simple "how are you?" She connects and loves.

ASKS FOR WHAT SHE WANTS The AWW understands that she is responsible for getting what she needs, being courageous and bold in asking for it and using her voice. She also knows when not to ask, as sometimes there is power in what we do not say!

PRACTICES GRATITUDE The AWW is thankful for all she has and does. She honors her beliefs and those of others, and constantly recognizes how blessed her life is, even when it appears there are bumps in the road.

MAKES MISTAKES The AWW recognizes the growth and learning opportunity in every misstep. She doesn't take herself too seriously and laughs a lot.

EMPOWERS & HELPS OTHERS The AWW inspires others by being who she really is. She reaches out to others and wants more for them than for herself.

REJUVENATES HERSELF The AWW feeds her soul. She prioritizes her time and gets grounded every day. She knows the importance exercising, nourishing, sleeping, playing, meditating, praying, journaling, beautifying, spending time in nature, creating, reading, and stopping...whatever nurtures her body, mind and spirit.

The wonder woman of our time is powerful beyond our own belief. When women start to recognize our own magnificence, we transform others to see it as well. We can play our many parts, or choose various positions when we want. It only matters that we are being true to ourselves and those around us while in those different roles. We are a true Wonder Woman of today when we have mastered our own authenticity.

COACHING QUESTIONS TO DISCOVER THE AUTHENTIC WONDER WOMAN INSIDE OF YOU I suggest answering the following questions to get you thinking about how you can tap into your wonder woman within. Start a journal or write these answers in a special book that inspires you.

1. When was the last time you experienced true wonder? Describe the peak experiences that have made you the happiest, and look for any common themes.
2. What unique values, strengths or skills do you have that directly supports your authenticity? Name at least 3.
3. What distractions exist in your life that keeps you from being your authentic self? List the things you do instead of being fabulous. (and yes, laundry can be included!)
4. What rituals do you engage in, or desire to create, that would give you permission to fully take care of yourself?

For more information on journaling, you can find my Excavive journaling guidelines on my website, excavive.com/writing.html.

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