

Live Your Truth Seminars, LLC
Retreats for Friends! for Family! for Fun!

Live Your Truth



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Live Your Truth

What does it mean to live your truth? Living your truth is knowing who you are - and living in alignment with who you are. It is knowing what your values are, what your goals are and what's your vision for the life you want to live. Living your truth is knowing who you are on a deep personal level and making choices to live by your values and goals, and creating habits that empower you to grow and realize your goals and vision.

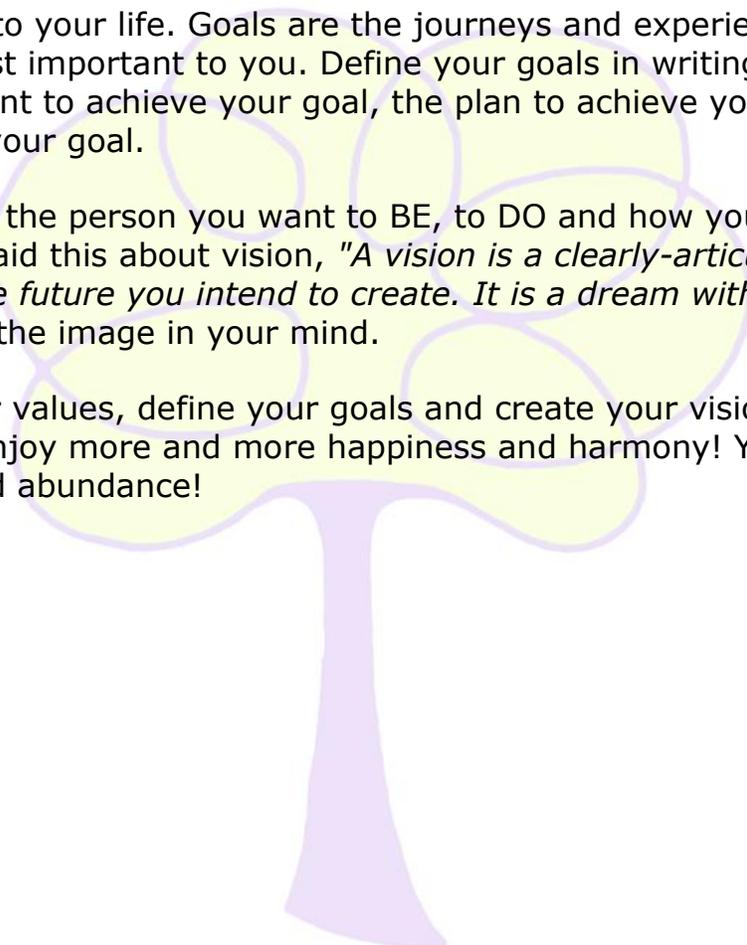
How do you live your truth? Clarify your values, define your goals and create your vision.

Values are a belief that is meaningful to you. Values are your foundation and guidance system. It is important and worthwhile for you to write down your values and what the values mean to you.

Goals bring meaning to your life. Goals are the journeys and experiences that fill your lives with what is most important to you. Define your goals in writing, include; your goal, the time you want to achieve your goal, the plan to achieve your goals and why you want to achieve your goal.

Vision is the image of the person you want to BE, to DO and how you want to LIVE. Jesse Stoner Semel said this about vision, "*A vision is a clearly-articulated, results-oriented picture of the future you intend to create. It is a dream with direction.*" Create your vision and build the image in your mind.

When you clarify your values, define your goals and create your vision - you are living your truth! You will enjoy more and more happiness and harmony! You will enjoy more and more success and abundance!





Values

Do you know your values? Are you living your life by your values?

Values are your foundation for living happy successful lives. You deserve happiness, abundance and health, and the key to your happiness is you. When you know your values, and live your life by your values, you are a happier and healthier person. Often people live their lives without knowing their values and they make decisions based on other people's expectations. When people make decisions this way they aren't living the life they are meant to live! They are unhappy and live a life of lack, of wanting more in their lives. It feels like you are living life out-of-balance or like going around in circles and not getting anywhere.

How often do you make a choice or decision that just doesn't feel right, you feel an edge of uneasiness, and tension in your body. Did the decision, the choice, you made align with your values? Chances are that it didn't. When decisions and choices are made in alignment with your values - you feel happiness, success, abundance, and free in your body.

Knowing your values helps bring balance and freedom to your life. You choose to live by your values and living by your values creates your happy and harmonious life. Values are a belief that is meaningful to you. Values are your foundation and guidance system. Stephen Covey says "*(Values) are the source of our passions in life, and they help us determine where we focus our energies.*"

What three things do you value most? What do these values mean to you? It is important and worthwhile for you to reflect and put in writing your values and what the values meaning is to you.

What makes you happy? What makes you smile and laugh? What is important to you? What activities do you enjoy? What motivates you? What fills you with peace, joy, and love? What makes you anxious? Worry, doubt, and fear? Why?

When you know your values and what they mean to you; creating goals and making decisions are easier, your values are your guidance system. Knowing your values creates your foundation and helps you to create significant and achievable goals. Living by your values creates your happy successful life!



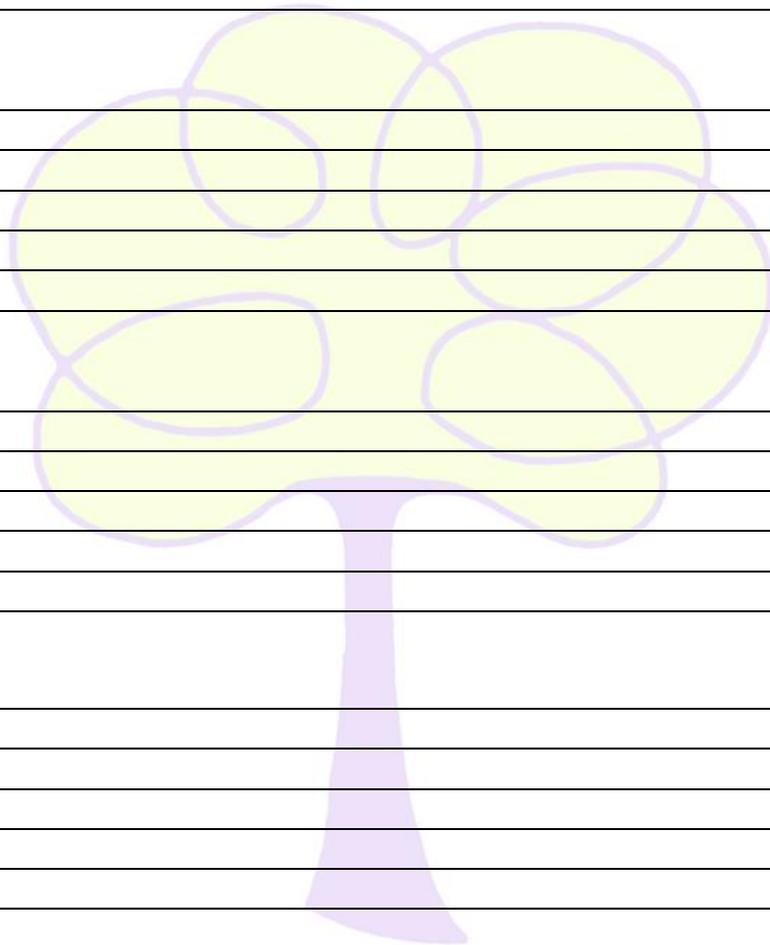
Live Your Truth Action - Clarify Your Values

Create a list of your values. Write down your values, all the values that come to your mind, if you think it write it down. As you work on your list some things that you do not like and do not value will come to mind, write these thoughts down as the opposite in a positive statement of what you do like and value. The questions below can help to trigger your thoughts.

- What makes you happy?
- What makes you smile and laugh?
- What is important to you?
- What activities do you enjoy?
- What motivates you?
- What fills you with peace, joy, and love?
- What makes you anxious? Worry, doubt, and fear?

A large, faint purple tree graphic with a yellow canopy and a purple trunk is overlaid on a grid of horizontal lines for writing. The tree's canopy is composed of several overlapping circles, and its trunk is a simple vertical shape. The grid consists of approximately 20 horizontal lines, providing space for the user to write their values and thoughts.

From your list determine what 3-5 values are your core values. Write down your core values and what that value means to you. As you look at your list, you will see that some of the values you wrote down are a sub-value to a core value, and will become part of the core value definition.





Goals

Do you have goals? Are your goals written down? Do you have the goal, the time you want to achieve your goal, the plan to achieve your goal and why you want to achieve your goal?

Goals bring meaning to your life. Goals are the journeys and experiences that fill your life with what is most important to you. Goals are growth of becoming who you want to be, doing what you want to do, and living how you want to live. Goals are the path to living your life with purpose and passion.

When you know your values and what they mean to you creating significant and achievable goals is easier, your values are your guidance system. Earl Nightingale said in *The Strangest Secret*, "People with goals succeed because they know where they are going."

How do you want to change and grow? Do you have goals for all areas of your life? Asking yourself the following questions helps you to set significant goals for all areas of your life.

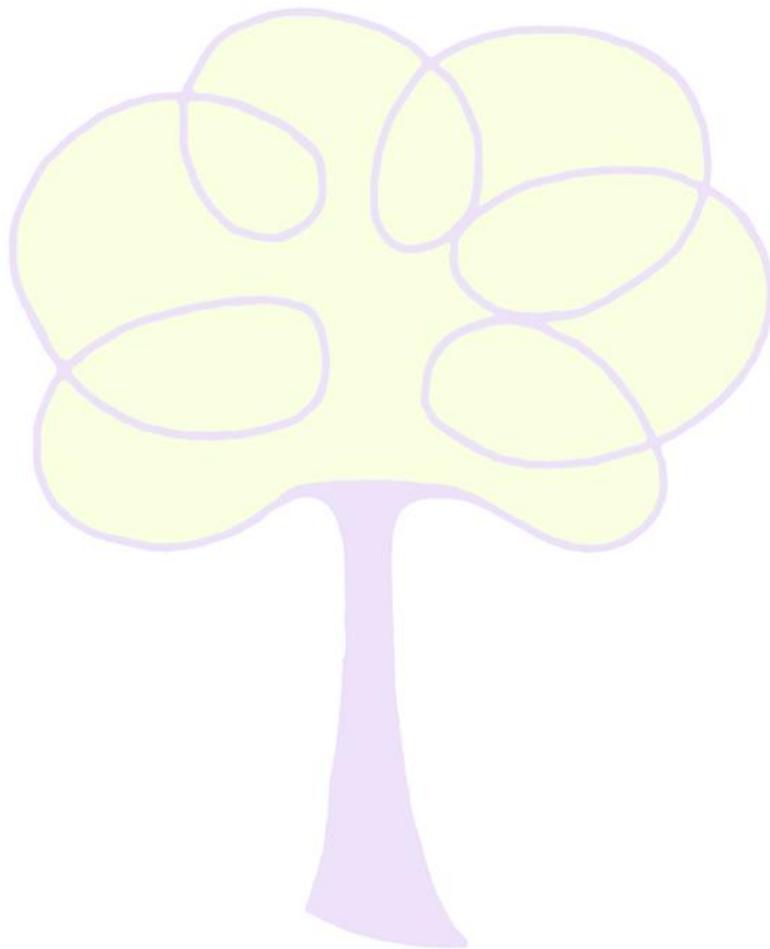
- Who do I want to be?
- What do I want to do?
- What do I want to achieve?
- What do I want to give?
- What does success mean to me?
- What would make my life a success?
- How do I want to live my life?
- What are my dreams?
- Does this goal align with my values?
- Does this goal, and thinking about the achievement of this goal, give me positive feelings?

It is important to set specific goals for all areas of your life; intellectual and personal growth, relationships, financial, business/career, family, God/spiritual, health and well being, and giving back. Setting goals for all areas of your life helps give balance to your happy and harmonious life.

To achieve your vision, you take action on goals in all areas of your life. Every journey and goal is different; you do not know what your challenges will be, or when you will be challenged. Goals are like ripples in water; one expanding into another affecting and joining one another. The effort and energy required to take action on your vision and goals can and will change.

We are always becoming, we are always creating! Today I am more than I was yesterday, and tomorrow I am more than I am today.

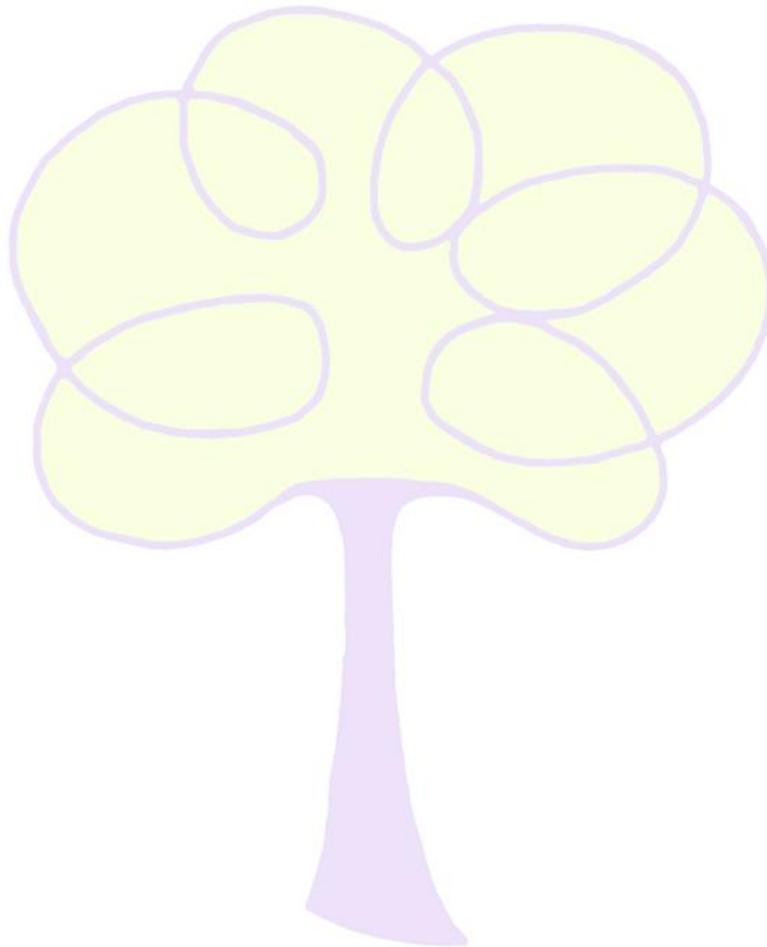
Creating goals is what moves you forward in life. You know where you currently are, and where it is you want to be. As you become who you want to BE, are doing what you want to DO, and living how you want to LIVE; your goals and awareness will grow and expand. You live your life with purpose and passion. Life is growth; and goals give you the journeys and experiences for your growth and living a full happy successful life achieving your vision and dreams.





Live Your Truth Action – Define Your Goals

Write down your goals for each area of your life; intellectual and personal growth, relationships, financial, business/career, family, God/spiritual, health and well being, and giving back. Clearly define your goal being as specific and detailed as you can. Include a time in which you desire to achieve your goal – some goals will be short term and some goals will be long term. Write down your plan to achieve your goal which can include – obstacles, people and/or places that you need to work with and the actions that you need to take. Write down everything you know that you will need to do to achieve your goal. There will be plans and actions that you do not yet know, when you realize a new step or action to take, add it to your goal. Break bigger plans and actions into smaller tasks and the time you will achieve the smaller task. And lastly write down why you want to achieve your goal and the benefits you will enjoy from achieving your goal.





Intellectual and Personal Growth Goal

I will achieve this goal by:

The plans and actions I will take to achieve this goal are:

Having achieved this goal I will enjoy:

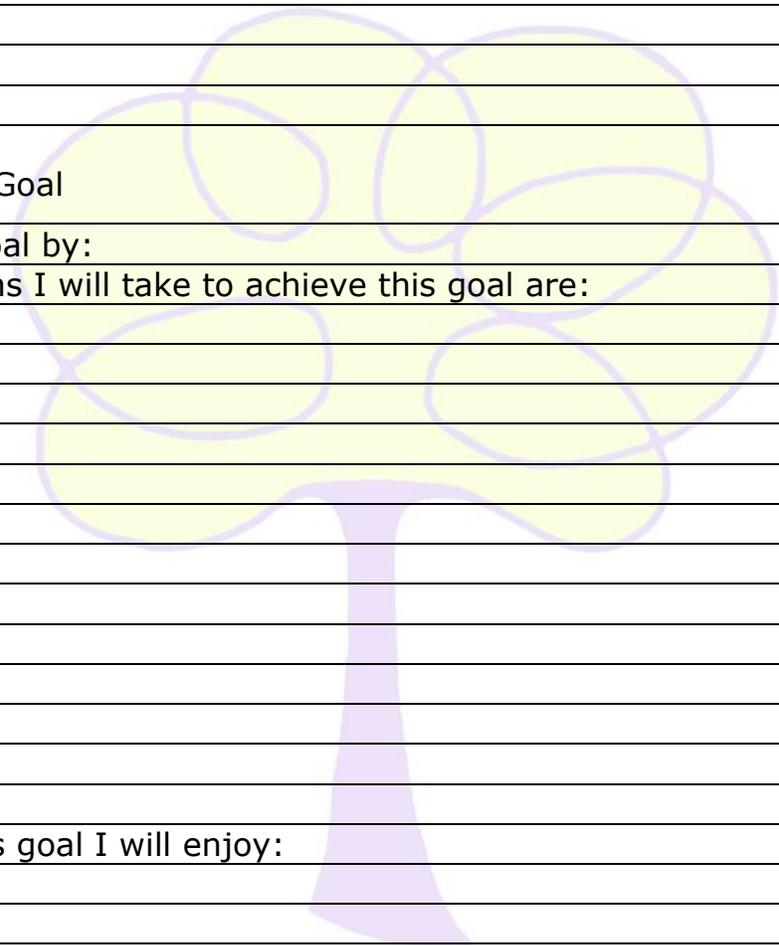


Relationships Goal

I will achieve this goal by:

The plans and actions I will take to achieve this goal are:

Having achieved this goal I will enjoy:





Financial Goal

I will achieve this goal by:

The plans and actions I will take to achieve this goal are:

Having achieved this goal I will enjoy:

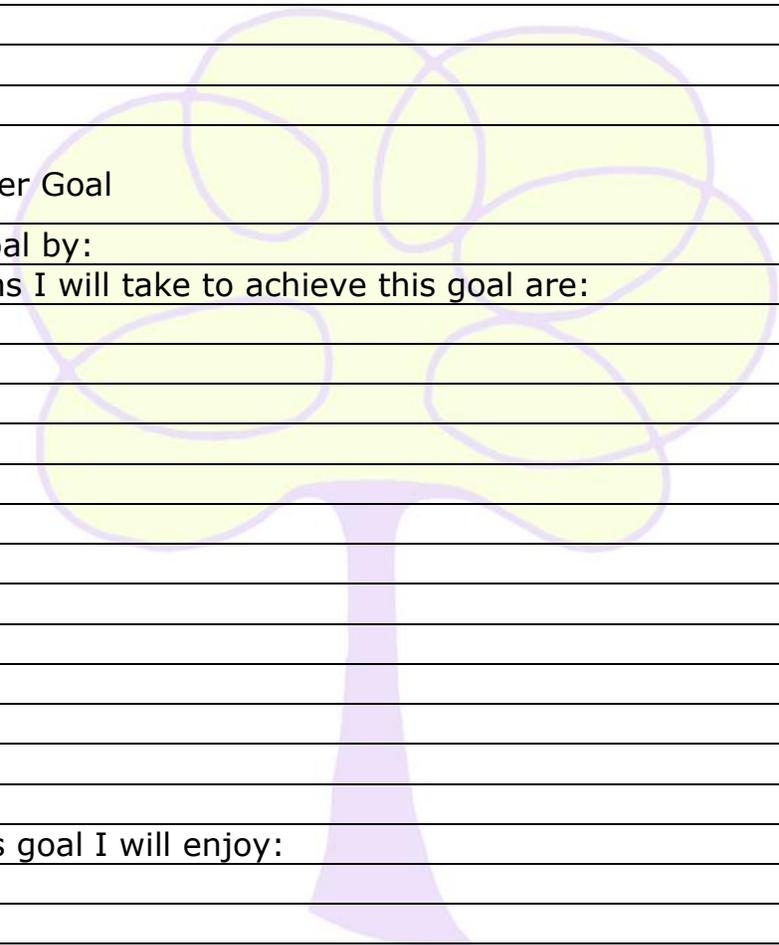


Business/Career Goal

I will achieve this goal by:

The plans and actions I will take to achieve this goal are:

Having achieved this goal I will enjoy:





Family Goal

I will achieve this goal by:

The plans and actions I will take to achieve this goal are:

Having achieved this goal I will enjoy:

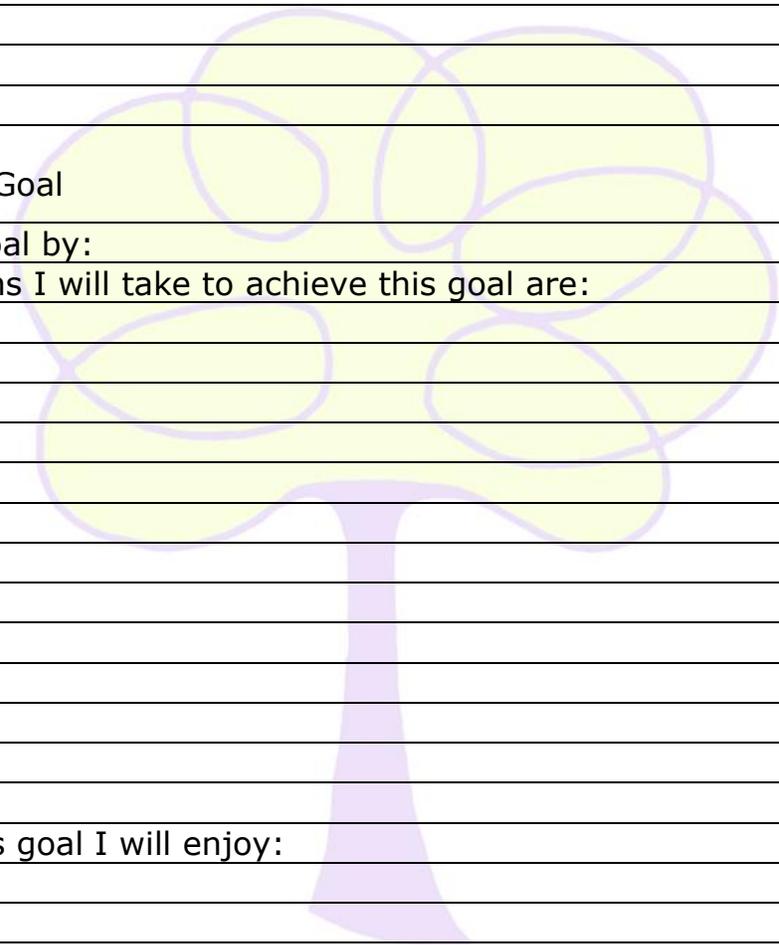


God/Spiritual Goal

I will achieve this goal by:

The plans and actions I will take to achieve this goal are:

Having achieved this goal I will enjoy:





Health and Well Being Goal

I will achieve this goal by:

The plans and actions I will take to achieve this goal are:

Having achieved this goal I will enjoy:

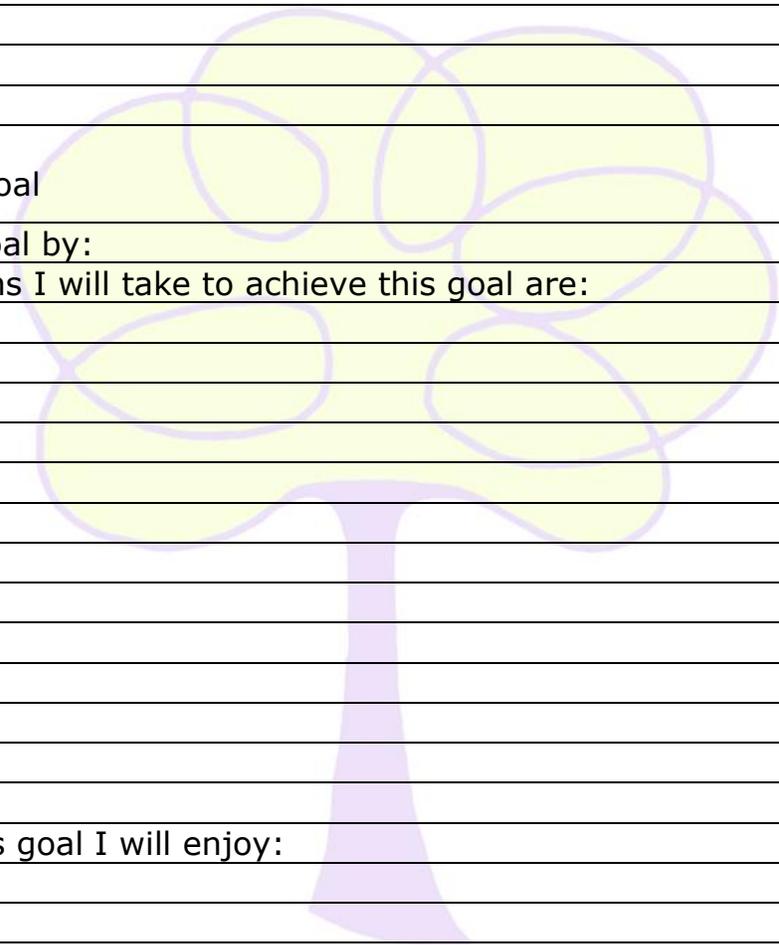


Giving Back Goal

I will achieve this goal by:

The plans and actions I will take to achieve this goal are:

Having achieved this goal I will enjoy:





Vision

Do you have a clear vision, an image in your mind, of who you want to be, what you want to do and how you want to live?

Vision is the image of the person you want to BE, what you want to DO and how you want to LIVE. Jesse Stoner Semel said this about vision, *"A vision is a clearly-articulated, results-oriented picture of the future you intend to create. It is a dream with direction."*

Create your vision and build the image in your mind. Your goals are created and defined from your values, your guidance system, to achieve your vision. Once you have your goals in clearly defined statements; read your goals daily, think about them and keep them in front of you. When you focus on your goals, you will take action, and you will achieve what you are thinking about!

Goals are the seeds that you plant in your mind, your mind is like soil. Define your goals and feel a burning desire to achieve your vision and goals. Keep your mind positive as you think about your goals and imagine yourself having achieved your vision.

Taking action to achieve your goals is like watering the seed, encouraging your goal to become and to be by accomplishing goal achieving tasks every day. Henry David Thoreau said, *"If a person advances, confidently in the direction of their dreams, and endeavors to live the life they have imagined, they will meet with success unexpected in common hours."*

Visualizing and imagining your goals is like sunlight for the seed. Let your imagination go wild and free, dream and dream BIG. Imagination allows you to be open to new ideas, new creativity and more expansion. Imagination is all the infinite possibilities in reality. Napoleon Hill wrote in his book *Think and Grow Rich*, *"...imagination is the most marvelous, miraculous, inconceivably powerful force the world has ever known."*

As your goals grow becoming your vision, negative thoughts, like weeds will begin to pop up around your goals. When you become aware of negative feelings or negative thoughts, they are an indication to you that you desire for things to be different, to be changed. When you become aware of this desire that is causing negative doubt and worry, focus on your goals. Think about your goals and how you will feel when you achieve your goals and vision. Earl Nightingale says, *"It stands to reason that a person who is thinking about a concrete and worthwhile goal is going to reach it, because that's what he's thinking about. And we become what we think about."*

Feeling the emotions of gratitude is like loving the seed that is planted. Feel the gratitude you will feel having achieved your goals NOW. Why do you want to achieve your goals, your vision? Become emotionally involved, see yourself as having already achieved your goals and vision; this creates the attraction, manifestation, desire, motivation and action within you to achieve your goals and vision.

Life is a journey! It is not the destination that brings growth, peace and happiness - it is your journey and experiences, your values and goals guiding and directing you to achieve your vision, that bring excitement and energy, your happiness and success into your life.

Are you living your truth? Are your choices and decisions made to live by your values, to achieve your goals and vision? Are you being who you want to be? Are you doing what you want to do? Are you living how you want to live?

Live Your Truth!

