

Authentic Inaction™

*Undoing the Doing in a
Do Crazy World*



Your Four Step Guide

Authentic Inaction™ is first and foremost a practice. It is a practice of slowing down, being with and letting go of our bias towards action.

THIS GUIDE WILL HELP YOU IMPLEMENT THE PRACTICE OF AUTHENTIC INACTION™ SO THAT YOU CAN MORE CONSISTENTLY AND WHOLEHEARTEDLY TAKE THE MOST AUTHENTIC ACTION IN YOUR PROFESSIONAL AND PERSONAL LIFE.

Step 1: Becoming Aware

It is that moment when we look at ourselves in the mirror and say, "I am an action junky." Without first becoming aware of the addiction and how it is playing out in our lives, we are powerless to change it...no different than other addictions.

JOURNAL PROMPTS

Reflect on the following and write down your thoughts.

1. When do I first remember being ruled by my need to 'do'?

2. Where did I learn it? Who modeled or encouraged this behavior in me?

3. Examples today of when my 'doing' life has me verses me having it?

4. Am I a 'doing' addict all of the time or is it triggered by a certain events or situations?

Step 2: Adoption of 3 Beliefs

The FIRST BELIEF is that our addiction to 'doing' is not emotionally or physically healthy. It is not serving us or anyone else in our life that loves us.

The SECOND BELIEF is around authenticity – which is not just about knowing who we are, but understanding how our actions reflect to others who we are more vividly than anything else.

The THIRD BELIEF is a rejection of the lie that says, "do more, it is not yet enough."

JOURNAL PROMPTS

Reflect on the following and write down your thoughts.

1. How is my addiction to 'doing' affecting my...

- Physical Health:

- Mental Health:

- Emotional Health:

- Spiritual Health:

2. What actions am I taking that are fully authentic and which actions are not?

Fill out the table below:

Actions that are fully aligned with who I am and what I do:	Actions that are NOT aligned with who I really am or really what to do:

3. When or around what topics do I not feel enough?

4. Who or what tells me I'm not enough today? Who or what has told me I am not enough in the past?

5. If I knew I was enough, what could be different for me?

Step 3: Who am I, and What am I to Do

If we stay with this question, "Who am I, and What am I to Do?" long enough in our daily lives, the answers will come.

Start simply.

MAKE A LIST

Referencing the last 30 days, begin by making a list about what inspires you, what depletes you and what slowly sucks the soul out of your body.

What Inspires Me	What Depletes Me	What Sucks the Soul Out of Me

What are the key themes:

What are the outliers:

When our own patterns and reasons for doing become clear, and we are fully committed to connecting who we are with what we do, a moment arises for us to say yea or no, to do or not to do, and we will make the right choice. Our action or inaction will be authentic.

Step 4: Falling and Choosing Again

We need to accept that in many circumstances, we won't hear or even listen to our more authentic voice. That familiar pattern of saying yes, when we mean no, may win. And, when it does, pause and take a deep breath. Be willing to sit with the discomfort that comes when we are at risk, yet again, of taking another action that does not line us with who we really are. And next time, CHOOSE AGAIN.

REPEAT THIS MANTRA



Show up

Fall

Choose Again

Show Up

Reflection

LOOK BACK ON YOUR NOTES AND ANSWER THE FOLLOWING:

My key insights from this exercise and why they matter:

Authentic actions will I take as a result of this exercise:

What I am curious to explore more for myself is:

My hope in my own life, is to stay committed to my own recovery.
To wholeheartedly believe that who I am, what I have, and what I have done is already enough.
I deeply and wholeheartedly wish that same thing for you.

In the journey with you,
Renée Dineen