



**Happiness@TheSpeedofLife Newsletter
Edition 13: Be Authentic**

629 words of content -- approximate reading time required: **2.51** minutes**. And isn't your happiness worth it?

**This will leave you plenty of time left over for Summer Reading – see below

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Welcome to my e-newsletter, which focuses on defining and applying the 13 Principles of Happiness in your life and work. It is a (more or less) monthly communication. I invite your comments, reactions, and ideas. Jim

A special welcome to all who've joined us recently. We are now mailing to over 900 happy people! My goal is to grow to over 1,000 readers, so....

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I. HAPPINESS PRINCIPLE #13: BE AUTHENTIC

Authentic *adj.* ~not imaginary, false, or imitation; genuine, bona fide; being actually and precisely what is claimed.

The essence of this principle: Be yourself, not somebody else.

And on that note, I have to confess that this newsletter is late because I'm busy as heck and have been really "stuck" around trying to conform to my usual format. I'm trying so hard to "be" that e-zine persona whom I think you expect that I've lost sight of something authentic about myself.

The truth? I resist structure. That's right, I set up the whole framework for this newsletter, but sometimes feel restricted by it. My wife and daughter like predictability – same place, same time, same format. If I were like that, this newsletter would have been issued two weeks ago. Not.

I enjoy going along with structured plans, but only for a while. I need to evolve and explore. The authentic Jim is constantly in motion. Yes, I do suffer from "Shiny Ball Syndrome." I am sure many of you recognize the symptoms: easily distracted by "shiny balls" off the path, constantly in motion, creating ideas yet not always following through. Sigh!

Well, in the spirit of living what I teach, I have decided to abandon my structure (at least for this month) and put out a short newsletter with a short lesson: Be who you are.



If you're concerned about being authentic, pause and ask yourself these questions:

- ~~ Have I been doing something that goes against my values?
- ~~ What roles do I play that do not match who I am? How might I shift my "performance" to be more genuinely me?
- ~~ Whom do I know that I can trust to ask if they've seen a change in me recently?
- ~~ What message from myself have I been ignoring?
- ~~ What gives me joy? What prevents me from receiving joy now?

Remember: When you honor the Real You in your mind, in your actions and in your relationships, at home, at work and everywhere, you reinforce your foundation for success and authentic happiness in a life of joy.

~*~*~**QUOTES**~*~*

"Getting in touch with your true self must be your first priority." ~Tom Hopkins

"You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover will be yourself." ~Alan Alda

"Trust yourself. Think for yourself. Act for yourself. Speak for yourself. Be yourself. Imitation is suicide." ~Marva Collins

"To be authentic is literally to be your own author ..., to discover your own native energies and desires, and then to find your own way of acting on them." ~Warren G. Bennis

If you'd like to download a 1-page summary of the 13 Principles as a reference, you can do so right now: <http://www.1leadercoach.com/happiness/philosophies.cfm>

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II. RANDOM FUN: LEADERSHIP ON THE BEACH



Each year, prior to taking my two weeks of R&R on the Atlantic Coast (sun, sand, and surf) I put out a note asking my coaching/training/consulting colleagues and clients for their current book recommendations. I'm looking for serious – tomes on coaching, leadership, change, and so on – as well as "frothy little beach books." This year I've collected and researched a wonderfully diverse list, and I am pleased to share it with all of you.

The books I've purchased and which I will be reading on the beach during my two-week holiday reflect the eclectic nature of the recommendations. I chose to select the ones for which I received the most "signals from the universe." Note, however, that a number of great leadership books are here. I guess the universe is reminding me that learning to be a better leader never ends!

In the list you will find summary notes along with my personal comments. The list itself is fun reading, even if you don't pick up any of the books. I hope that you enjoy this year's compilation. Have fun, and happy reading!

To view or download the entire list, click here:

http://www.1leadercoach.com/resources/2004_Books.cfm

Enjoy being yourself. Happy summer, and see you next month!



Happiness@TheSpeedofLife

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III. INSTRUCTIONS AND CONTACT INFORMATION

Jim Smith, SPHR, is a recovering corporate executive whose passion is to “Raise Up Leaders and increase the occurrence of Happiness in the world.” He'd love to help you succeed in a bigger game!

=> P.S. Don't keep us a secret. We grow by referral, so please pass it on! To join our complimentary newsletter, please visit our website or send an email to Subscribe@1LeaderCoach.com.

Drop me a line anytime with your feedback and questions! Jim <mailto:Jim@1LeaderCoach.com>

**Happiness is a decision, not an event.
How will YOU decide today?**

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