

AUTHENTICALLY

you



LILYCHAUVIN.COM

chapter ONE

“I believe that we are solely responsible for our choices,
and we have to accept the consequences of every deed, word,
and thought throughout our lifetime.”

– *disabeth kubler-ross*

Have you ever taken inventory of your choices? Honestly coming face to face with who YOU are, YOUR desires, YOUR dreams, YOUR goals, YOUR passions?

Being real, brutally honest, with yourself is TOUGH!! Why?

Because deep down inside we know that if we take personal accountability for who we are and where we are in life then only we can “make changes”..... this is how the journey for the book “Authentically You” commenced:

It was a cold Georgia morning. The kind of morning when the windows of the house were frosty, winter had definitely stripped the trees of her beautiful luscious abundant green leaves. Wake up girls....lets get our routine up and going. Clean sparkling dishes awaited the moment to be nicely placed in their beautiful cherry wood cabinet. Mr. Shiny sink (yes mom is fanatical about a shiny sink) proudly dazzled in his spotless attire knowing soon the family would be filling up his reservoirs with the pots and dishes left behind from a delightfully yummy breakfast! Suddenly as she lifted her coffee mug to her un-kissed lips it dawned on her.....the house looks great, the routine is 99% flawless (seriously it was), the furniture neatly placed, toys all in their place (house rule “A place for everything, everything in it’s place”). Tears streamed down her face.....how? She thought about all the dreams she stored away....hope deferred makes the heart sick. Hadn’t she taught this to her team, her kids, her church class? In a moment of “brutal honesty” she knew this was THAT moment....the moment she would have to take inventory of her “own” passions, her dreams... Boldly she grabbed a pen and a journal...It was TIME it was time to take inventory of her life. A check up from the neck up!

Taking this time to make an inventory of her life allowed for a renewed sense of Passion ... What emotions stir up when you hear the word ‘Passion’? In all honesty “passion” is not always sexual.

In the medical community passion may be saving a life (at least that’s what I would hope)... As a mom let me be the first to raise my hand and say “my passion is giving life to a child, rearing them, guiding, teaching, playing games and just watching them laugh”...

As a business woman it’s my passion to help others discover financial freedom...to teach individuals that it IS POSSIBLE to break away from the 8 to faint (it takes effort & commitment) Athletes BREATHE PASSION they live for the thrill and rush of winning. Musicians become one with the notes of a song, their passion is evident in the beat of the drum.

What about *you*?

Have you found YOUR Passion?

Lily's Journal entry on December 1st 2014...

"the year is wrapping up....it has been a year of transition, change, moved back home to Florida. Pain and sadness the feeling of betrayal keeps me up many times at night... this too will pass Lily, you will be okay, you are loved, you are at peace in the midst of this storm.....I am excited to begin 2015 lets theme this year the year of FREEDOM"

With Freedom came Nakedness. The Journey to getting NAKED began...

why use the word "naked" because that is what 2015 felt like...

it was a year of letting herself feel free to rediscover her own uniqueness. Naked isn't always about taking off your clothes... think about it.

Being emotionally naked is freeing. TRUST ME she is a work in progress (aren't we all?) Yet, taking a moment to STOP, take a check up from the neck up and uncover our purpose, discover our "passion" is crucial. Does the thought of taking time out for yourself cause you to panic in fear of "what will people say?", what emotions come to the surface when you begin to jot down the things which bring you pleasure? It takes balance.....caring for others is important and it is actually words to live by "do to others as I have done onto you" (Yeshua) When you really read those words carefully notice YOU play a key role in how you treat others. When you discover the PASSION and FERVENT love your creator has for you, you then in return can do for others great and mighty things...

Go ahead take off the clothing that holds you back!!! Rediscover YOU!! Break free from "what will people say" in the end try paying your bills with the opinions of others...

You get to control WHO you allow to influence you, who gets to be in your life, choose wisely my friends because getting naked with the right person (both spiritually and physically) is POWERFUL.

homework

Imagine it is your 100th Bday party and everyone is anxiously awaiting your arrival. Your friends are reeedy to celebrate YOU, celebrate your accomplishments.... WHAT is it you have accomplished? Make a list of what you imigne your DREAM life to look like on that day.

How did that make you feel? Indeed the idea of going from where we are to where we desire to be takes guts.....it takes cojones! Are the Passions that lie within your soul, your spirit, hidden in your mind worth you feeling a little uncomfortable?

Passions/Desires:

What are you doing on a daily basis? If you think of all the accomplishments you listed in your Centennial Speech then now you can make a list of daily activities you can incorporate in your routine that will get you to that goal.

WHAT will YOU do today?

Now that your juices are flowing and you are ONCE again dreaming (like we did when we were kids) are there voices in your head telling you “this is stupid”, “get realistic”, “you are too old”, “that is never going to happen”, etc...

Well... together we will SET ALL THOSE VOICES ON FIRE!

Brace yourself for...

chapter TWO

SETTING IT A BLAZE!

AUTHENTICALLY *you*

Are you ready to live life authentically?

Break free from the strongholds that mentally keep you from being fully naked?

Are you ready to be balanced, at peace, feel powerful and be more than a conqueror?

Indeed my friends... getting naked is uncomfortable at the start, leaving our comfort zones is never easy... are you worth it?

yes indeed you are!
