



Sue Quigley
Transformational Coaching

Authentically You

5 steps to discovering your true identity

To live a fully expressed life enables you to feel all of life's smooth curves and sharp edges. It means showing up fully with all your gifts and vulnerabilities.

It also means knowing exactly who you are and what you stand for. If you've lived a life on everyone else's terms, that's not always an easy ask.

I have created 5 simple steps to start you on your own journey of discovery. If you have always wondered what it means to be 'Authentic', you are about to find out.

You hold more personal power than you could ever imagine.

My name is Sue Quigley and I am an identity Coach and Journaling Guide. I am also many other things as well: A wife, a daughter, step mum, sister, friend, colleague, cat owner. I'm a certified coach, crystal healer, energy worker, hypnotherapist and once won an award for selling modular telephone systems. I'm an avid Peaky Blinders fan and have recently discovered a passion for Sanskrit chanting.

I am also much more than that, but It took me quite a while to realise.

In May 2013 I left my job as a Communications Manager with over 25 years in the telecommunications business. What started out as a venture into self-employment actually brought to a head the biggest personal crisis of my life: Throughout my whole career I had been living up to a given job status. I did what was expected of me. I very often felt unhappy, underwhelmed, undermined and undervalued (which I take full responsibility for) so when I had the opportunity to leave the corporate world and start a brand new chapter, I honestly thought it would be smooth roads ahead.

It wasn't. I quickly realised that without the job status I was free, but I didn't actually have a clue who I was – and I had no idea how to find out!

For the next two years I studied and worked hard but the success and outcomes I had envisaged simply didn't happen. It took time for me to notice that I had created a business and brand on someone who I THOUGHT I should be, someone who sounded good on paper, someone that I used to be when I worked in telecoms, someone that everyone expected me to be. But that wasn't ME.

My journey of discovering who I was – ME, with all my quirks and faults and brilliant imperfection – has been liberating, funny, messy and eye opening. I often think "I should have done this years ago" but truth be told, I probably wasn't ready then.

I work with women to enable them to see and experience for themselves who they are NOW. To help them find their identity, one that feels real for them and allows them to live life fully and expressively.

One of the absolute necessities in finding out who you are is to recognise the power you already have and to use that to start to create a chain of change events that will transform the life you are currently living.

Have you heard the phrase 'hidden in plain sight'?

You were born to be in charge of your own life, but society and our culture can push us into thinking our life and therefore our feelings are caused by outside circumstances. We are lead to believe that somehow we are inadequate as we are. We are not 'enough'. But who is to say we are not perfect as we are? Who are we comparing ourselves to when we think we aren't slim enough, confident enough or simply just NOT enough?

I can honestly tell you that no matter how you are feeling right now *you are enough* just as you are. Everything you desire, need or simply want are all there already.

You see, we may think we want THINGS: More money, an open top car, a cruise holiday, slimmer thighs, a winning lottery ticket, whatever..... but actually what we are really after is a FEELING.

We chase the feeling that we think we will get when we have those things. All the world over, people are chasing THINGS, when what they actually want is a FEELING.

It's the "I'll be happy when..." syndrome.

If only I had more confidence. If only I were slimmer. If only I had a better job. If only I could get out of this rut. It goes on. In thinking this way we are looking outside of ourselves for completion. We are missing the fact that we can have the feelings we want right now in this very moment.

That's right. You can be happy, confident, motivated, whatever it is you want to have, You can be that right now. You just have to be willing to want to feel that way regardless of your circumstances. You also have to believe that you are already perfect just as you are.

Too often we think we are 'less than' because we are under the illusion that it has to be given to us or that certain things (money, status, slim thighs etc.) enable us to have it. That's just a simple and innocent misunderstanding.

Who controls YOUR emotions? Who dictates the terms of YOUR existence? Who is responsible for YOUR happiness?

The answer is YOU. It's all down to you. Isn't it great to know that YOU are the answer? You don't need to buy any thing; you don't need to go anywhere.

It's all here with you for the taking.

I have devised a simple five-step plan to get you on track to understanding more about who you are and getting in touch with your own innate personal power and wisdom. This will get you started in the right direction and once mastered, the possibilities are endless.

I have just one condition with this e-book. Take some time to be on your own to complete each step. Make the time to really think about each one. If you feel yourself thinking "Oh, I know this already," stop yourself. Consider that maybe you DON'T know. Consider that every time you think you do know something, you are actually missing something vital. There is always something new to know.

"We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known"

~ Brene Brown



1. What do you love?

Or simply, what do you want?

It's easy to know what we don't want, but have you actually taken time to consider what you actually really do want? When I ask this I want you to be truly selfish with the answer. This isn't about what you want for other people or what you think you ought to want based on what your family or friends think.

Knowing what you want is also knowing how you want to feel.

It doesn't have to be very big or grand, just start with thinking about what you love to do.

When do I feel most alive?

What am I doing when I feel 'in flow' and time just flies by?

What gives me pleasure?

If I had the most perfect day, what would it consist of?

These questions are designed to get you thinking about the things that really fill your heart and make you feel amazing. Don't worry about what you think they might mean. At this stage we are just gathering information.

Write down two lists: One is what you love to do and the other is how you love to feel. So by the end you should have a list of things you love doing and a list of feelings you love having.

That wasn't too bad, was it?

So, what's next?

2. What's important to you?

This is all about knowing what you value. Understanding your values gives you focus and meaning to what you do – it's almost like an emotional guide. It will help you get really clear on what you want in your life, which in turn is likely to result in you getting it with less effort and far more happiness and fulfillment.

It is worth taking the time to identify your values – you can have different ones for all areas of your life – such as career, health and fitness, relationships – you can even have values for your intimate relationships, even how you bring up your children.

Identifying your values will give you a greater sense of purpose and clarity. To identify what your values are, simply ask yourself..."what is important to me about ... (my business, my relationship, my self development, being a parent etc.)?"

Take a piece of paper and write down your answers – don't try to think too much about it, write the answers as they come up and keep writing the words down. When you think you have listed everything – ask yourself again "what else is important to me about....?" And write down those answers too.

Read through your responses and list them order of what you think is most important – you will want about 8 in total.

In addition to values and knowing what's important – it's also good to understand what qualities you want to live by. There's a really simple way for you to find out what these are.

Think of three people that you really admire and write down the three qualities you admire most about them. Do this quickly – we want your first answers here, no need to over think it. Your first responses are the right ones.

When you look at the qualities you have listed, see if you recognise them. These will be qualities that you have. How does it feel to know that these qualities you admire so much in other people are actually qualities that YOU have too?

You should now have a list of qualities and values that are important to you. Take some time to reflect on these – are you experiencing them? What can you do to live and express your values more openly?

3. Believe in what you are doing

For the sake of an example I'm going to do this in the context of your job, but this can be applied to things like your relationships, your health and other life areas.

Are you working because it is something you really want to do, because you love it and it means something to you and gives you something back- or are you just doing the job because you have to, because it pays the bills, because that's what you think you should be doing?

Many of us end up compromising our most deeply held values at work because that's what we think we need to do in order to get on or ahead; whether "ahead" means more money, power, success, status or some other lure. When we end up doing things we don't really believe in or enjoy doing it saps our energy and we slowly become like dead people working, with no passion or enjoyment.

Do you REALLY believe in what you are doing at work?
Are you working on things that will matter five years from now?
How do your values match up to the type of work you do and the way in which you show up at work?

I understand when there is a practical need to work to put food on the table and also to get a sense of purpose and fulfilment - but it is so important to believe in what you are doing and to enjoy it.

Starting RIGHT NOW decide *how* you are going to engage in work that really matters to you. And before you start to think, "oh that would never work... How would I ever make ends meet?" press that pause button and start from a more positive perspective - think instead "How do I make this happen?" Start to think HOW you can make things work, HOW you can start to bring the things you love and value into your working life. Then see what thoughts you get.

If you are stuck in a job because it's easy or safe or pays well, but gives you no sense of purpose and passion, you are in the most difficult job of all. I am not encouraging you to completely throw in the towel if you have responsibilities, but I am asking you to rethink. Sometimes we just need an insight, a different perspective on what we are already doing.

Finding out what you are good at and passionate about you enables you to tap into the joy and enthusiasm that increases your own sense of worth and ability.

If you don't know where to start with this, ask yourself these questions:

To find your natural talents:

What am I good at, what do I get good feedback on?

What comes naturally to me?

What knowledge, skills, and solutions do people seek me out for?

To find your passion:

When do I feel most alive at work?

What am I doing at work when time seems to fly by?

Who am I with when I'm most energised and engaged?

Reflect on your answers and consider how you can start to bring your talent and passion into your work.

4. Be Yourself

Be your beautiful and wonderful self and don't be afraid to shine!

It takes courage to be yourself and to live your values out loud. Your values and deep-seated beliefs are what make you YOU.

Being authentic is all about putting it out there and being vulnerable. There is always the possibility that you or your ideas will be rejected. Yet, if you think about it, being rejected for being you pales in comparison to feeling like a fraud. Nothing drains your energy like being someone you are not; that is just living a lie.

You are uniquely different from every other person in the world. When you honor and leverage your uniqueness by living your values out loud you strengthen your personal power.

Consider your own qualities, your values, your talents, and your passion. Would a person meeting you for the first time pick up on these after a five minute conversation with you?

How would your friends describe you? Would their description match who you really are? You can find out for certain by asking your friends, get them to be honest, ask them to back up their comments with examples. This will give you an insight into how you are being perceived.

From the work you have done already, you will start to get a sense of what being 'real' for you looks like. Start acting like YOU and enjoy the feelings that come with it.

5. Feel your feelings

That might sound strange, but it is something I feel very passionate about. We spend our lives avoiding bad feelings. Right from when we are little we are encouraged not to cry, to 'hush' down emotions that are considered sad or bad to have to feel. We suppress things that we think we shouldn't feel or worse, we repress feelings and emotions that we are AFRAID to feel.

The trouble with doing this is that these hidden feelings and emotions just sit in our nervous system. If we do not express them or feel them, they start to come out in other ways. This is how illness and dis-ease manifests in the body.

A critical part of the identity work I do with clients is discovering the aspects of their personality that they are keeping hidden. You can do this too.

Ask yourself the following questions and write your answers down. Be aware of the sensations and feelings you may experience, let go of judgement and reproach. Be quick with your answers, as always, the first answer is the right one.

What am I most afraid of?

What am I most ashamed of?

What personal habits am I embarrassed about?

What part of me am I least happy with?

When you have written your answers, go through each one. Notice how you feel as you read them. If you feel emotional, FEEL IT. Your feelings cannot hurt you physically, be free to cry and get upset. Let it out.

Remind yourself that these aspects and feelings are not bad. They are just the parts of yourself that you have hidden and that are unloved. Think about these aspects now and as you do, start to accept them and acknowledge them. How would it feel if you loved each of these answers fully and without reproach?

Read through your list again and as you do, tell yourself "I SEE YOU, I FEEL YOU".

Now you are aware of these hidden feelings and have started to bring them out into the open, you can start to accept them. These hidden parts want to be known and acknowledged. If you do nothing else, this one step is the key to true self care and self love.

What now?

Putting all of these things together puts you in prime position for experiencing change in not just how you feel, but what actually happens in your life. When you change something on the inside – it alters what happens on the outside.

Do not be put off if it all seems like hard work at first – these are simple steps. That does not mean they are easy; it does mean they are worth the effort though, so keep on with implementing changes in your life and start to notice the positive changes.

However, there is just one more thing...

Love Yourself

Yes, I know this is said such a lot, but it is not to be glossed over.

This is something that you do need to do, above all else if you want to truly experience the living foundations of personal power. You need to love yourself *first*.

That's right: FIRST.

Women especially are usually brought up to serve others first – we care for our families, our partners, we nurture and bring up our children – we can believe that putting our own needs first is selfish and unnecessary. The fact is, the opposite is true and the very least you can do for those that love and depend on you, is to show yourself some love first.

When we fulfill our own needs, when we are kind to ourselves then we are able to show up completely and be of greater service to others. It's a wonderful ecosystem in action: love yourself to show and be love to others.

One of the quickest and most practical ways to start appreciating and loving yourself is to start scheduling time for you. Keep a daily practice of doing something for yourself, the more you do it and become used to it, the more you will be sending out good vibrations into the world. Your motivation will increase and you will feel much more energised.

As you love yourself more, your natural energy will reflect this and you will start to attract love towards yourself in ways that may surprise you.

When we want to make changes in our lives it is easy to look outside of ourselves and think that it is something out there that needs to change. This is often why, when we get what it is we wanted, we often feel flat and unsatisfied OR we find a need to go after something else. The things we go after cannot give us the feelings we are after.

All we are looking for, all those feelings that we desire already exist inside us. We need to feel within ourselves first. So self love is so important – once we start to love ourselves on the inside, we start to see and feel changes on the outside.

Enjoy taking these essential steps and if you want to take things further then consider working with me one to one. I work very deeply with my clients but there's one thing I do insist on: FUN.

If you'd like to know more, get in touch through my website or via email info@suequigley.co.uk.

In the meantime, here's to YOU,

Sue x

www.suequigley.co.uk

