

Realizing Authentic Wildness to Transform Your Life

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By the Price of Business Show, Hosted by Kevin Price.

As business professionals, we often get trapped in an unsatisfying pattern of doing things for others and wearing masks to cover up who we truly are. As the days go by, we end up feeling drained, frustrated, and dissatisfied with our lives. No matter how much success we are experiencing on the outside, that success often doesn't translate to happiness and true fulfillment because it's not in line with our authentic selves.

Though many of us have a mission statement when it comes to our businesses, most don't adhere to a personal mission statement as well. We need both to be balanced and to ensure that our true self is always at the core of what we do. When we reconnect with our wild, authentic selves, positive transformation happens.

Here are three ways to get started.

Go Inward and Realize Happiness Lies Within

If we seek happiness and fulfillment in the outside world through accomplishments and relationships, we'll never find what we're looking for. True happiness lies within. When we reconnect with our inner selves, we feel enlightened and cared for. This fills us with power and love that we can then use to give love to the outer world instead of always trying to *get* love to make us feel complete.

Listen to the Inner Voice

We all have an inner voice that is constantly trying to get our attention and express itself. Unfortunately, many of us have tuned it out for so long that it's become almost inaudible. We need to take time to truly listen and encourage that voice that is struggling to tell us what we really need to be *us*. The more we listen and respond, the stronger the voice will get and the easier it will be to hear.

Tap into the Inner Child

When we were children, we were always pursuing endeavors that were fun and piqued our curiosity. As adults, many of us have lost that innocent sense of play and this is one of the key reasons why we've lost what makes us feel alive. When we take time to tap into the inner child that still resides in all of us, we can feel that playfulness again. No matter how ridiculous it may seem, give into your inner child's playful wants. We can dance around our office, sing a nonsense song, or swing at the playground near our home. This playtime can free part of us that has been trapped for far too long.

Our society is experiencing an epidemic of meaninglessness and inauthenticity. Finding our true selves and expressing who we really are is the antidote to an empty life filled with hollow accomplishments and shallow relationships. When we become our authentic selves, we not only change ourselves, but we begin to transform the world.

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