



Lesson 1

# Does God Want You To Live Authentically?

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**Legal Disclaimer:** Let me make it plain, I cannot guarantee you a magic transformation or successful change. I am here to give you some guidance and inspiration as you move towards becoming the woman you were intended to be. How you utilize the information in these lessons, is your choice. As a member of Pathways to Authentic Living, you agree that you will not hold me responsible for what comes out of your experience with PAL (Pathways to Authentic Living).

## Why God Wants You To Live Authentically?

It may be hard to see how God wants you to live an authentic life in the midst of being all that you to so many people. It seems that your calling is to serve others as wife, mom, daughter, employee, etc. But there really is so much more to it than that. Your calling is to be whatever God calls you to be and often times it is more than your duties or roles in life that He is calling you to.

In order to go forth with what He has for you to do; you have to first understand who you are not only in God's eyes, but yours as well. God can tell you over and over again how much He cares and loves you, but until you believe it, it just will not be.

It is the disbelief in self that keeps you from seeing the very core and essence of the unique being that you are in God's eyes. Who you are goes beyond being mom. It goes beyond being an employee or even an employer.

When you live authentically, you are walking in the REAL. If you live any other way, then you are living the Pseudo walk.

The ***Real You*** is the one that God created and wrote about in the Book of Life. The ***Pseudo You*** is the one that is living outside of the words God penned about you. It is the fake you. The one who artificially breathes day in and day out, living vicariously through others; afraid to be the Real You.

Why does God want you to live authentically?

So that the Real You does not miss out the fullness of what God is manifesting in your life. The Pseudo You steps in the way of all the God has for you.

***For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope.***

***Jeremiah 29:11 NLT***

To continue to walk the path of the Pseudo You will only lead to disaster and sure devastation.

## The Pseudo You Vs The Real You

There is no other way to put it, other than to say that the Pseudo You controls the parts of you that need to be removed in your life. It takes hold of what is bad and ugly and makes it look like the Real You. Living this life just takes you deeper and deeper in a pit that you just have no business living in.

It is the Pseudo You that David speaks of in Psalms 139 when he says that no matter where we hide, God is always there. It is this person who helps you to hide all the skeletons in the closet that are sure to surface in some way or another. It is the pseudo you who tells you that you are not worth much or that you will never amount to much.

The pseudo you feeds on the thoughts and words of those around you who have hurt and caused you pain. The ones who said that you were nothing or that you were ugly, fat or unwanted. It is through these types of event that the Pseudo You was born.

The Real You was created and woven together in your mother's womb. The story of who you were was written and your destiny determined. However, the Pseudo You is keeping the Real You from grabbing hold of all that awaits you. It is your obstacle.

Are you ready to conquer it?

The Pseudo You is the creator of all things negative and undesirable in your life. It is keeping you from being what the people in your life really need. It is removing the best of you day in and day out.

Aren't you tired of letting the Pseudo You, hold your destiny hostage?

## Bringing Out The Real You

There are so many ways to conquer the Pseudo You and Pathways to Authentic Living is going to help you with some of these ways. In future lessons many of the things I am about to share with you will be covered more in depth. However, for now I am going to share some ways that you can work on bringing out the Real You.

- **Know your purpose:** Without a purpose or vision, you will perish. Your life will be lived aimlessly with no sure idea of who you really are. Identify your life purpose or mission statement and you will have your own unique compass that will lead you the right way.
- **Know your values:** You must determine what you value most? Make a list of your top 5 values. Some examples are stability, freedom, family, spiritual development, education. Always check everything you do against your values. If what you are thinking of doing does not align with any of your top five values – you may want to reconsider it or revise it.
- **Know your needs:** Unmet needs can keep you from living authentically. Take care of yourself. Do you have a need to be acknowledged, to be loved, to be appreciated, to be pampered, or just to take a nap? List your top five needs and get them met!
- **Know your passions:** What do you enjoy doing? What makes you feel worth while? What makes you smile? Honor those things that make your heart sing. Whatever it is, do more of it!
- **Live from the inside out:** This is my favorite. Live your life outside of your comfort zone by doing new and different things. Let go of what you think you know and learn something else. Don't let fear control you. Don't let your life be hindered by living inside of a box.
- **Acknowledge your strengths:** What are your positive traits? What are you really good at? What strengths do others see in you? Make a list of at least 5 of your strengths. Find ways to express your authentic self through your strengths.
- **Have Fun:** Enjoy you by being you and doing those things you love to do.

- **Be aware of your self-talk:** What do you say to yourself on a daily basis? How much negative self-talk do you parlay in everyday? Are you blocking your potential? For a week, journal your thoughts through the day. Are they supportive, encouraging or positive? Choose the kind of chatter that's goes on in your mind. Become aware of the negative messages you give yourself. Embrace those negative thoughts, love them and then turn them into more proactive talk.
- **Be Inspired:** There are so many ways to be inspired. God has giving us not only His inspiration Word but people, places, and things as well. Keep a success journal. Write down you four or five greatest strengths and post them where you can see them. Listen to or read the Bible daily. Find people who inspire you, read their books, sit at their feet, or talk to them on the phone. Look at your own accomplishments, big and small and give yourself credit for what you have done.
- **Serve others:** Living authentically takes you to a new level of being. When you are true to who you are, living your purpose and giving of your talents to the world around you, you give back in service what you came to share with others -your spirit – your essence.

As I stated earlier, we will be covering a few of these aspects further into this program. For now, this should be more than enough to make you think about how you can slap the Pseudo You in the face and tell it to just leave you alone.

## Listen To This Week's Interview

**\*\*Note that there will not be an interview every week**

This week we are going to hear from Tishia Lee, a single work at home mom seeking and searching for her authentic self.

[Click here](#) to download the interview.

## This Week's Assignment

As was stated in the Introductory Lesson, there will be exercises to complete. These exercises are your assignment and I encourage you to go through them after reading each lesson. There are three parts to the exercise:

1. **Examine** – This is where you will take a closer look at your life and any preconceived notions you may have about it.
2. **Relate** – This is where you will relate the Word to your life to make it relevant to where you are at that particular moment in time.
3. **Release** – You will work through the [Authentic Living Formula](#) (click the link to download)

Most of the exercise should focus on YOU. There may be times when I call for you to utilize others but the PAL program is all about you. There are some things you will need to start what I call the cleansing process.

- Personal Journal
- A Bible or you can go online to [Bible Gateway](#)

Some weeks there will be charts and other resources you will need to download. For now here are your exercises for this lesson.

### Exercise 1 - Examine

In the Introductory lesson, you have to pay attention to when you were being authentic or when you were trying to be someone you are not. There were questions to consider as well. This should have helped you realize the areas where the Pseudo You takes over.

This week take the time to look at the ways you can become the **Real You** and answer the following questions.

1. Do you know your purpose in life? If so, why are you not living in it? How is Pseudo You hindering your purposeful progress?
2. Which three areas of the "Bringing out the Real You" section do you think you need to be working on the most? Why?

3. One area under the "Bring Out the Real You" section talked about knowing your needs? Are you a self-need neglecter? Why do you find it hard to make sure your needs are met?
4. What inspires you?

## Exercise 2 – Relate

Take a moment to consider how you neglect caring for yourself. One of the first steps in living more authentically that I think every woman needs to learn is how to take care of herself. But so many times we simply neglect what we need to do for us.

Relate how you treat others compared with how you treat yourself. Journal your thoughts about this comparison. Next take a few moments to reflect as to why you neglect yourself and not others.

What do you think this says about you? Why?

## Exercise 3 – Release

Choose a specific character trait that you have that you do not like. Take a moment to go through the Authentic Living Formula and release the hold it has over you. This week I also want you to journal about how this exercise is helping you.

## Points of Reference

- If you ever do have general questions about the lessons, you can email me at [latara@latarahamyng.com](mailto:latara@latarahamyng.com). This will help me to make sure that the lessons are always growing and never stagnating.
- Finally, this course is a fixed term course. That means that if you stop your membership at anytime throughout the 3 months and decide that you want to come back, you will have to start all over from the Introductory lesson. So, if you can at all avoid it, stick with the program to the end. Your life will be blessed!

Be Abundantly Authentic,

*LaTara Ham-Ying*

LaTara V. Ham-Ying  
Virtual Facilitator, **Pathways to Authentic Living**

**Coming Next...**

**Lesson 2 will deal with why you may be wearing a Super Cape and why and how you need to remove it to live life inside out.**

**Miss a Lesson. Grab It Here:**

[Introductory Lesson](#)