

13 Ways to Stay in Your Authentic Woman® Self When You Are Feeling Frazzled, Frenetic, or Frustrated

1. **Take a breath.** Big and full and expansive. Now let it all go and blow away anything that interferes with your Authentic Womanly response to life.
2. **Take a bubbling bath** and let it be the restorative moment that you need to float back into your Authentic Womanly Self.
3. **Take a walk** and, with each step, feel yourself becoming more recharged by your Authentic energy.
4. **Take a rock.** No. Don't throw it. Hold it as a reminder of the solidness of your Authentic Self.
5. **Take a daydream.** Flow into the loving possibilities that are waiting for you within your Authentic Womanly imagination.
6. **Take a flower.** Allow each soft satiny petal to evoke something that you love about your Authentic Womanly Self. "I love me." "I love me more."
7. **Take your shoes off.** Wiggle your toes and toss your head as you delight in the freedom of your Authentic Womanly self.
8. **Take a different point of view.** Turn your concern upside down and inside out in order to discover a new opportunity for your Authentic Woman to consider.
9. **Take an inner journey.** Meander into your heart and listen to it beating out its Authentic Womanly message.
10. **Take an outer journey.** Go someplace - a library, an art museum, a hilltop, a quiet stream - anyplace that would refresh your Authentic Womanly Soul.
11. **Take a shake break.** Shake out your hands, your arms, your body, your booty. Shake up your Authentic Womanly Mind in the process.
12. **Take a tender moment.** Reach out and let someone touch you, someone who loves your Authentic Woman Self.
13. **Take a tickle.** Call a jokester, a prankster, a kidster. Invite them to bring a giggle to your lighthearted Authentic Woman Self.

How AWethentic do you dare to be?