



In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. Our life is a long and arduous quest after Truth. — [Mahatma Gandhi](#)

## What is Self Expression?

In the context of living from the inside out, self expression can be defined as conveying or communicating the truth from within, outwardly demonstrating or manifesting inner vision.

It's easy to focus on the "outward demonstration" of self expression; that is, the talking aspect. However, if you want to convey the truth **from within**, the first act of self expression is to turn inward to become aware of Truth. You must first take your attention away from the outside world and become receptive to Source. This is an act of deep listening that requires you to let go of what you think you already "know" about yourself or the world in favor of what you "notice" within your own heart.

## Let's Get Real

Much of what passes for self expression is actually a projection of our thoughts about the outside world. Instead of sharing from a deep sense of our own truth and clarity in this moment, we talk about events that happened in the past, or we cast our attention out into the future. Sometimes we compare ourselves to others, say or withhold things in an effort to control the outcome or try to persuade others that our perspective is more right than someone else's. These activities keep the attention focused outward and away from the truth of who you really are. To get to the truth of who you really are, you have to get real with yourself.

That involves turning inward, dropping all of your filters and attachments, and making yourself available to what is. It means giving up control of your awareness, such that you let go of denial and release the need to force an outcome; it means being willing to accept yourself and others, just as they are and just as they aren't, right now.

From this humble and vulnerable place, you can glimpse what the world might look like through God's eyes, and when you are willing to see what God's eyes might see, what comes out of your mouth is closer to the truth of your heart. What you say and how you say it inspires you and those around you to engage with each other in a way that lifts the spirit and serves the deeper Truth; then you begin to express your **Self**.

## Instructions

The object of this exercise is to establish your starting point and identify opportunities for growth. Read the following statements carefully and check the box in the column that best matches your response to each statement. If a statement does not feel aligned with your personal worldview, feel free to edit it. For each statement, jot down an example of how you do (or do not) tend to act or be about courage in that area.

## Next Steps

At the end of the exercise there are some questions (the kind of questions that a coach might ask!) to help you integrate your learning. **If you would like to explore this further, call SpiritSpring today for a free consultation and to sign up for the InSight Your Life workshop or private, one-on-one coaching.**



HOW IS SELF EXPRESSION CURRENTLY BEING DEMONSTRATED IN YOUR LIFE?	Seldom True	Some-times True	Often True
1) I am inspired by and through authentic self expression. Example:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2) I communicate what is in my heart. Example:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3) I express wholeness; there is no part of me or my life that is not fully embraced. Example:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4) My words and actions reflect consciousness and clarity. Example:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5) My communication is honest, timely and complete. I do not deceive, delay or diminish when I speak my truth. Example:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6) I know when I am expressing myself authentically and when I'm not. Example:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7) I invite honesty and truth-telling. Example:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8) I am aware of the impact of my words and actions. Example:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9) My words and actions contribute in a positive way to myself and others. Example:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10) There is integrity between who I am, what I say and how I act. Example:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



- 1. Describe a current situation in your life where you are being real:**
  
  
  
  
  
  
  
  
  
  
- 2. What's at stake in that situation or relationship? What could you gain or lose?**
  
  
  
  
  
  
  
  
  
  
- 3. Describe a current situation where you have not been being real.**
  
  
  
  
  
  
  
  
  
  
- 4. What's at stake in that situation? What could you gain or lose?**
  
  
  
  
  
  
  
  
  
  
- 5. What could you do to turn the second situation around, so that you're being real?**