



The Ultimate Guide to  
**Living Your Truth.**

Discover the 5 Pillars of Authentic Living

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**Fempire.**  
COACH

A woman with long, wavy blonde hair is seen from behind, running barefoot on a dirt path. She is wearing a white, flowing, tulle-like dress. The background is a soft-focus landscape with trees and a bright sky, suggesting a park or a natural setting. The overall tone is warm and nostalgic.

## #1 Regret of the Dying

"I wish I'd had the courage to live a life true to myself, not the life others expected of me."

BRONNIE WARE, PALLIATIVE NURSE



There are 5 Pillars that  
Allow You to

# Live Your Personal Truth

## LIVE PURPOSEFULLY

Find your purpose,  
based on your  
personal truth.

## BE YOURSELF!

Have the courage to  
express your true  
self. Embrace  
authenticity as your  
way of life.

## SET STRONG BOUNDARIES

Strong boundaries  
are essential for your  
happiness, health,  
and your ability to live  
your truth.

## 'UNLEARN' ALL SOCIETAL MYTHS

Don't let societal  
expectations guide  
your decisions.  
Unlearn those beliefs  
that are not true for  
you.

## MAKE TIME FOR SILENCE

Your truth speaks to  
you in times of  
silence. Make time  
for contemplation,  
prayer, or meditation.



Read on to get your guide for each pillar and start living your truth today!

# #1. Live Purposefully!

## How to Find Your Purpose



Your Purpose is the path or vocation that allows you to express yourself fully and to contribute your unique gifts in service to something you care about while making a positive difference and earning you an abundant, reliable income.

### Turn and Face the Longing

1

If you feel restless, or as though there's something else you could/should be doing with your life, don't turn away from those feelings! Turn towards them. You'll feel profound levels of joy, freedom, prosperity, and satisfaction when you make the decision walk your true path, full out.

### Start the Process of Figuring Out What You REALLY Want to Do

2

Do whatever it takes to figure out what your heart really wants to do. You only live once! Don't die with your music still inside you. Discover the four elements of your 'purpose' on the next page. Still stuck? Get my free E-Book PATHFINDING: How to Find Your Inspired Professional Path: <https://katiedejong.lpages.co/pathfinding-find-your-purpose>.

### Clarity Comes Through Consistent, Inspired Action.

3

If you're waiting to find out exactly what your purpose is before you start to take action, you might end up waiting forever. You'll only discover what you're 'meant' to do by getting out there and trying different things. Try, experiment, and learn through the feedback. You'll know you're on the right path when it feels good and you feel like you have a bottomless pit of energy and inspiration.

### Leap!

4

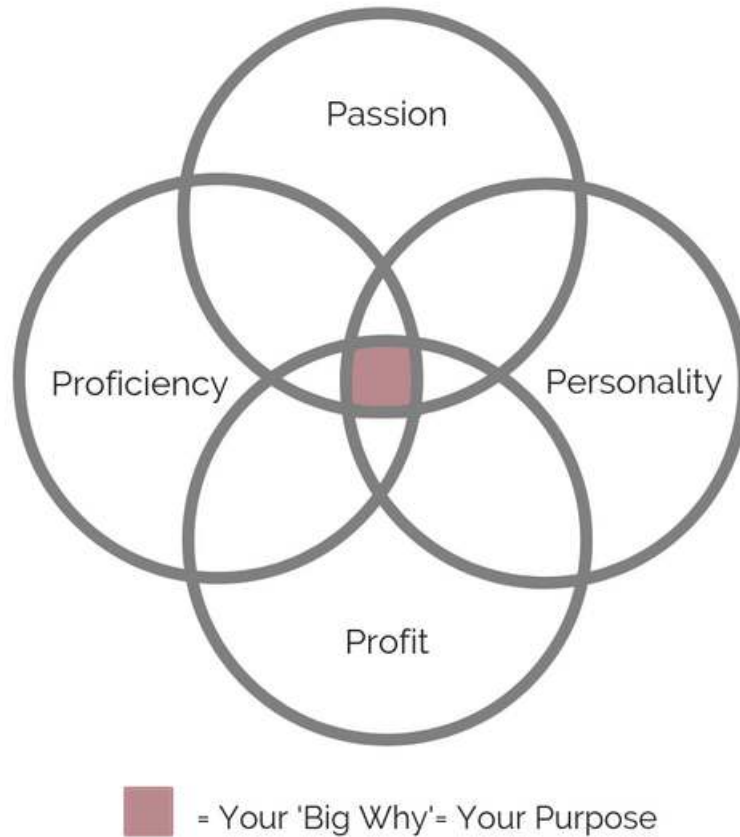
As scary as it sounds, at some stage you'll have to let go of being comfortable and dedicate all your time and resources to walking your true path. This might feel incredibly scary, but fear and excitement are in constant tension when you're being true to yourself. But don't hold back - the rewards are so worth it! You'll finally feel like you're living fully, even if it feels challenging.

### Get the Right Guidance and Support on Your Journey

5

You can't do it alone. We all need guidance, advice, support, cheer leading and mentoring from those who have walked before us. Get the guidance you need. I know how frustrating it is to feel lost and stuck, and it's not necessary! Find your tribe and get the support you need to live your life on your terms.

# How to Find Your Purpose



## The 4 P's to finding your 'Purpose'

### **Personality**

Your personality is your true nature. Who are you when you're being yourself? What kind of roles allow you to best express your unique personality the most? What kinds of roles suit your particular personality style?

### **Proficiency**

This is all about your strengths. What are the things you're naturally good at without even trying? What's your zone of genius? When you work in your zone of genius, magic happens.

### **Passion**

You'll feel most fulfilled, satisfied, and happy when you're dedicating your time and resources to something you care about deeply. What are the things you're passionate about? What do you want to contribute your skills and gifts to?

### **Profit**

You'll obviously need to make good money if you're going to survive in this world! Your true path will be one that allows you to generate an abundant income, while doing work you love.

Still need help? [Click here](#) to get your FREE E-Book PATHFINDING: HOW TO FIND YOUR INSPIRED PATH & PURPOSE.

# #2. Be Yourself!

Have the Courage to Express Your True Self.

## Embrace Authenticity as Your Way of Life

1

### Know Who You Are - Cultivate Genuine Self-Awareness

'Self-awareness' is the ability to see yourself clearly, it's the conscious knowledge of your own personality, character, feelings, and individuality - and it's the first and most critical step for embracing authenticity as your way of life. In a recent study conducted by Dr. Tascha Eurich, her team showed that there are two types of people:

1. Those who think they're self-aware (95% of all people).
2. Those who actually are self-aware (10-15% of all people).

Make sure you're one of the rare 10-15% of people! It's the gateway to your personal truth and freedom. If you want to know how, [CLICK HERE](#) to get my free E-Book **THE HAPPINESS KEY**.

2

### Feel the Fear and Do It Anyway

It can be really scary to put your REAL self out into the world. There will always be people who love and appreciate who you are and what you have to say, and there will always be some who dislike or even despise you - and that's OK. If you spend your life being fearful of being your true self, you'll live in the shadows and miss out on the joy of true authenticity. Remember, the magic happens outside of your comfort zone!

3

### Have the Courage to Express Yourself Freely

To live your truth you'll need to speak up about your views when appropriate and having the courage to challenge others respectfully when you disagree. It means having the courage to express 'the real you' through your work, appearance, activities, home design and any other aspect of life that is an expression of you. Be brave! You've got this.

4

### Cultivate Genuine Self-Love

Imagine if you could feel so secure and in love with who you are, that you no longer see other peoples' opinions or behaviours as a reflection of your own self-worth or value. You're so wrapped up in your own self-love and aligned with your own truth that you're completely unaffected by how people respond to you. That's the point at which you discover true freedom. Live your truth, unapologetically.


5

### Celebrate Who You Are

When you're living authentically, you're not only in love with you who you are and feel at peace with yourself, but you actively celebrate your uniqueness and perfect imperfection. Focus on the beauty and originality that you bring to the world by being yourself. Embrace your imperfection and celebrate everything about YOU!

# Being Authentic Means...

- Living true to your values, expressing yourself, taking risks, focusing on what matters.
- When you have a conflict with someone, you talk with him/her about it directly.
- When you need help or support, you reach out and ask for it.
- You know what matters most in your life, and you live consistently according to your priorities.
- When you don't understand something, you admit it and ask for clarification.
- When someone challenges or disagrees with you, you don't back down if you know it's your own personal truth.
- You are not strongly influenced by the opinions of those around you – your heart is your most important guiding compass.
- You usually feel safe speaking up and sharing your true feelings, even if they're negative.
- You don't worry about making mistakes and letting people down – you certainly don't let that stop you doing anything.
- You are aware of your strengths and feel grateful for them.
- When you make a mistake, you have compassion for yourself.
- When you don't want to do something, you say no.
- You go after what you want and you're willing to take risks to get it.
- You're willing to admit when you're wrong and apologise accordingly.
- You embrace all your feelings, even the ones you don't like.

A young girl with long, dark hair and freckles is the central focus. She is wearing a string of warm white lights in her hair. She holds a string of similar lights in front of her face, looking directly at the camera with a calm expression. The background is dark and out of focus, suggesting an outdoor setting at night with trees and foliage. The overall mood is soft and magical.

By being yourself, you put something  
beautiful into the world that wasn't  
there before.

EDWIN ELLIOT



# #3. Set Strong Boundaries

## 5 Strategies for Maintaining Strong Boundaries in Life

**Strong boundaries are essential for your happiness, health, and your ability to live your truth. Follow these rules to set and maintain strong boundaries in your life!**

1

### Know Your Limits

What do you need to protect yourself physically, emotionally and mentally? What are you able to accept and tolerate, and what are the things that make you feel uncomfortable and stressed? Feelings of stress and discomfort help you identify what your limits are. These are your personal boundaries.

2

### Make Your Self-Care a Priority

Give yourself permission to put yourself and your own needs first. Make time for the things that nourish and feed you emotionally. No one benefits from you not taking care of yourself and your needs. Would you prefer to be the grumpy, short-fused person or the balanced, peaceful one?

3

### Be Assertive

People aren't mind-readers. You can't expect them to know what it is you need. When you're upfront about your needs and expectations, and you're able to communicate them clearly and lovingly, there's much less room for stressful situations to arise. Everyone benefits.

4

### Practice Makes Perfect

Communicating your boundaries assertively is a skill that takes lots of practice. It requires courage and the right support. You won't always get it right, but with time it will become easier and it will become a natural way of being. It's worth taking on the challenge to change, because when you're able to set up and maintain your own healthy boundaries well, not only will you feel better, but those around you will too.

5

### Ground and Protect Yourself

'Grounding' is any kind of technique you use to nurture a loving connection with yourself and the space around you. When you're grounded, you don't get so easily affected by other people. It helps you literally to "stand your ground" and stay centred around people who might knock you off centre. Grounding techniques include visualising yourself growing long, deep roots into the ground. 'Protection' might be visualising a bubble of protective light around you that only allows positive energy in, and deflects negative energy. Experiment and find what works for you!

# #4. 'Unlearn All Societal Myths that are Not Aligned with Your Truth!

Here Are 5 Societal Myths You Must

## 'Unlearn'

to be True to Yourself



1

**Myth #1:** The things you love doing and that feel easy are for 'hobbies'; not for a real job.

### THE REAL TRUTH

The things that you love doing and that feel easy form an ESSENTIAL and very central part of your most joyful and abundant life path and purpose.

2

**Myth #2:** It's not practical or responsible to do what you love.

### THE REAL TRUTH

Doing what you love ensures that you're the happiest and most balanced version of yourself, which has positive ripple effects to everyone in your life, both financially and emotionally. In actual fact, it's irresponsible and not practical to suppress or ignore your genuine desire to do what you love.

3

**Myth #3:** Others know what's best for you.

### THE REAL TRUTH

Learning to connect to and trust the pure intelligence from your heart and your intuition is the fastest path to living an authentic and joyful life.

4

**Myth #4:** You're not supposed to enjoy work.

### THE REAL TRUTH

You ARE supposed to enjoy work. When your work is associated with positive emotions, you positively affect all those around you and the people you work with. It flows out like positive ripples in a pond. If you really don't enjoy your work, it's a sign you need to do something else! You're not living your truth.

5

**Myth #5:** Success means flashy material possessions and a big house.

### THE REAL TRUTH

The definition of 'success' is personal for everyone. Maybe for you it's having mutually nurturing relationships, being able to spend time with friends and family, making a positive impact through your work, loving the work you do and the people you work with, having time to travel and experience the world and feeling a deep sense of joy and gratitude each and every day. Discover your definition of success and don't follow someone else's rule book!

# #6. Make Time for Silence!

Your truth speaks to you in times of silence.

Schedule some

## QUIET TIME

in your day.

If you're confused or unhappy, it's likely your mind is too busy.  
Your personal truth speaks to you in the silence.  
Engage in one or more of the following regularly to align with your  
personal truth.

1

### Silent contemplation.

Focus on a candle or an object you love and breathe. Keep returning your focus to the object. Or simply close your eyes and reflect. Allow the thoughts to come and go and do not attach to them. Eventually, your mind will quiet and your truth will speak to you.

2

### Prayer

Focus your mind on a prayer you love. Or simply pray in earnest to your higher power, however you might refer to it.

3

### Meditate

Find a meditation technique that works for you and do it regularly. Meditation is a wonderful way to quieten your mind and allow your truth to speak to you.

4

### Walk in Nature

Take some time to walk in nature. If you can, take some time to sit quietly and observe nature. This is a wonderful way to connect you with the miraculous nature of life, access states of awe and wonder, and quieten your mind.

5

### Meditate through Exercise

For some people, the mind quietens during long periods of exercise. Perhaps you love running, or walking, or swimming, or cycling. Do whatever it takes to quieten your mind and create silence around you, away from the distractions of life.

# 3 Questions to Help You Live Your Truth.

What are some of the things you're doing in life right now, not because they feel true for you, but because you feel they're expected?

1



What's one thing you feel called to change in your life in order to be truer to yourself?

2



What's something you could do TODAY in order to live more closely aligned with your personal truth?

3



# CONGRATULATIONS!

Well done on taking the time to understand how you can live more closely aligned to your truth.

You're now armed with all the strategies you need to live your personal truth and step up your levels of happiness, fulfilment, and success!

My passion is helping you live your truth so you can be the best and brightest version of yourself. For me, small business and entrepreneurship has been my path to living my truth and my path to true freedom and fulfilment. The reason I'm so passionate about helping you is because I spent the good part of 35 years living out of alignment with my own truth. I was living a life that I thought others expected of me - not my own.

It wasn't until I made the decision to throw off the shackles and live life on MY terms that everything started to change for the better.

To find out about my programs and offerings at [www.katiedejong.com](http://www.katiedejong.com). Or send an email direct to [kated@fempirecoach.com.au](mailto:kated@fempirecoach.com.au).

I look forward to connecting with you!

## Warm regards,



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**Tell me, what is it you will do with your one wild and precious life?**

**- Mary Oliver**