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thoughts & insights from Ordinarily Amazing®

Finding your authentic swing...

It seems to take us over half our lives to figure out our authentic self. Many say you get there in your fifties. I think we are born with it and then many of us lose it at some point in adulthood. Why?

As children we are free spirits, living in the moment. Then life throws a lot at us. Society "persuades" many to be like the majority. Schools try to tell us that being smart academically is better than being smart creatively. Responsibility and money become more important than peace and joy. Why?

Many have lost themselves to the tasks of life. They are artists who took a side road and became executives. They are teachers who are drowning in the responsibility of motherhood. They are employees showing up for work every day without a clue as to why, other than for the paycheck.

Luckily, I know many who are living their authentic life. They are the minority. They live in the moment. They love what they are doing and do what they love. They are alive, energetic and peaceful. They go with their gut. You know, that whisper inside all of us. Some are in their fifties, some are not. Some were lucky enough to never lose it.

The question is which group do you fall into? Did you lose your authentic swing? Have you found it? Will Smith in the inspirational movie, *The Legend of Bagger Vance*, says it so eloquently in a classic slow southern draw...see below.

-Kristi Turner

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