



Translating Life Into Business

Personal & Professional

- ☉ Synergy
- ☉ Embodiment
- ☉ Truology

*Do What You Love,
Love What You Do!*

www.AuthenticIntention.com

By Angel True

Coach, Facilitator, Writer

Work-Life Balance is just about old news at this point. Everyone knows what it is and why it's important, nearly everyone struggles with it, the corporate world uses it almost as a cliché and yet, there's still a piece missing!

The concept of Work-Life Balance is predicated on the notion that the two are separate and not always compatible. The main focus is learning to balance the Work part that takes time and energy with the Life part that is rejuvenating and fun. This balance is most typically about trading off the cost-benefit equation to not over deplete yourself with too much work.

While the balance between the two is and always will be important the part that's missing is integration of the two for increased benefit and return value of both. To understand this integration let's take a page out of spiritual discovery.

Spirituality, whether it's based on one God, many gods, the earth, or some other functionality or source, is a process of discovery. Integrating and translating life into business is no different.

BELIEF

In spirituality you must first have belief of your core concept. The same is true for business. If you don't believe in what you are doing the work becomes a drain rather than a gain. As you begin to believe in the value or utility of the work you do, not only does your excitement and passion rise but so does your ability to bring more energy and attention to the subject.

FAITH

The next phase in spiritual growth is discovering faith. This brings you closer to your spiritual belief by increasing your confidence in the purpose and actions of the world around you. In business, faith is about the same thing. As you have greater confidence in the value or ability of the work you are doing you are more inclined to share and devote yourself to the advancement of the project or contribution being made. This devotion shows as a direct translation into your capability and success at work.

TRUST

When you move to a space of trust in spirituality it affects the way you view

ambiguity or incomplete information. Trust is about knowing that the outcome will have both purpose and value towards generating results even if the path or details aren't clear. When you have trust in your work and how it addresses the intended issues you allow yourself more freedom to improvise and creatively address challenges as they arise. This confidence allows you to tackle bigger subjects with greater reach and larger impact and still know that success and value are fully available.

LOVE

From a spiritual perspective love is the level of greatest power in your life. When you love the values and source of your spirituality there is no need to question them from a place of doubt as all of your understanding is about furthering the impact of what you believe. When you take love into your work and are truly able to enjoy each moment of what you do, how you do it, and how it impacts every other part of your life then your work no longer becomes something that needs to be separated from but instead is something to be engaged appropriately and mindfully.

“The piece that is missing from Work-Life Balance is actually loving your work...”

The piece that is missing from Work-Life Balance is actually loving your work so that it becomes just an extension, or different activity, of the rest of your life. When you are able to achieve this level of satisfaction and engagement, whether it is in spiritual or work, your perspective, enthusiasm and desire begin to make balance more about having the time and energy to do what you love rather than recharging yourself with free time.

The key to this translation is about doing something that meets your needs, supports your values and creates a sense of satisfaction and accomplishment in your life. When you can do that everything changes!

So ask yourself this question: What do I need to do to love my work and how will it change my life?

About Angel True

With nearly 25 years of communication training, personal transformation work and community development experience, **Angel True**, founder of *True Living with Authentic Intention* believes that a life lived with passion and purpose is the greatest path to joy and abundant creation. As a Life Coach, Angel empowers people to eliminate old beliefs and perceived obstacles in order to catapult their lives forward with increased balance and abundance in their lives, work and relationships.

Angel artfully weaves together intuitive insight, direct honesty, compassionate inquiry and intentional action to help his clients embody their dreams and live their fullest life yet. As a personal coach, intuitive guide and workshop facilitator Angel has worked both nationally and internationally.



Imagine being...
healthy and energized,
alive and living your dream,
fully nourished,
connected to your inner power,
in awe of the beauty around you,
in love with each breath,
and moving through life
as if you were deep in the flow of a powerful river.

This, to me,
is abundance embodied.

-Angel True

Synergy ☉ Embodiment ☉ Truology

“Not consciousness and self-understanding but a passionate inner presence makes us what and who we are.”

-Thomas Moore

PHONE:
(971) 645-4581

E-MAIL:
AngelTrue@AuthenticIntention.com

WEB:
www.AuthenticIntention.com

Integrate, Expand, Thrive!
Do What You Love,
Love What You Do