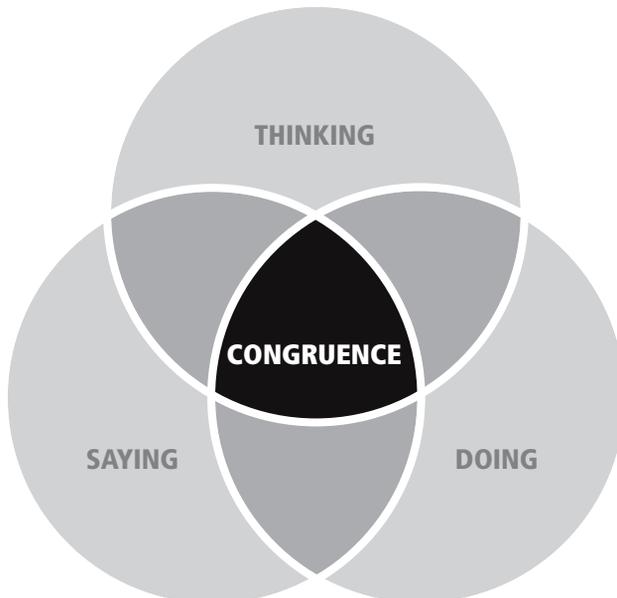


# How Congruent Are You?

## WHAT IS CONGRUENCE?

Congruence is the powerful and positive feeling you experience when you hit the sweet spot of intersection between the following three ingredients:

1. What you are **THINKING**
2. What you are **SAYING**
3. What you are **DOING**



When you feel congruent, it's like being **in the zone**. Things flow *effortlessly*. You're in rhythm. You have momentum. You leap toward your goals. You radiate authenticity. Most of all, you feel *fulfilled*.

In contrast, anytime you feel incongruent, you experience internal conflict. You don't feel authentic. It feels like you're driving a car with the brakes on. There is drag and resistance. The journey is harder than it needs to be.

So, all in all, you get sub-optimal results when you're incongruent, and the overall journey is not very enjoyable either.

## HOW TO BECOME MORE CONGRUENT

The feeling of congruence is situational and not absolute. This means that in certain situations we may feel very congruent, while in others we may not be that way as much. Therefore the first step in getting to congruence is to identify the specific situations where you may be experiencing incongruence. Once you've identified a particular situation, go through the following process to make progress:

1. Write down your answers to the following questions:
  - *What are you thinking?*
  - *What are you saying?*
  - *What are you doing?*
2. Review your answers to the above questions to discover the elements that are not in congruence.
3. Identify the root causes of your incongruence. Ask yourself: "*What's behind the incongruence that I'm experiencing? What's really going on?*" Listed below are some potential causes of incongruence:
  - **A conflict between the head and the heart**  
*"My heart tells me to start my own business, but my head tells me to stay in my current job."*

## ASSESS YOUR CURRENT REALITY

- **Fear**

*“I’m a bit scared of leaving my job. What if my business doesn’t work out?”*

- **Conflict of beliefs**

*“I know that having my own business is the right thing to do BUT I don’t believe that I can be successful.”*

- **Habits not aligned to what is required**

*“To be successful in my business, I need to be able to sell. But I don’t really want to learn how to sell.”*

- **Conflict of values**

*“I want my own business AND I don’t want to take any risks.”*

- **Conflict of priorities**

*“Should I start my new business now or should I focus on a steady and predictable income?”*

4. Identify and execute the few actions that would make the biggest difference in addressing the root causes.

Being in congruence is like having all of your “selves” (your Thinking Self, Saying Self, and Doing Self) on the same team playing to win the same game. You won’t be in conflict with yourself, and therefore can do your best in any situation.