



# The exposé of real



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During my event in Chicago, Build The Strength Within, as the crowd was working on their individual Blueprints for a Successfully Intentional & Integrated Life, an audience member lamented it is not easy to look at one's life and see the components that are out of place. Right.

I asked if it was easier not to look. He thought for a moment and said – “actually, I only pretend not to look but it seems that I actually always know.” Yes. The exposé of real is a productive exercise for each one of us in both our private personal life, and in our public business life. If we pretend we don't know what's wrong, the problem is free to grow like a weed in the garden untended. It gets ugly.

My two associates and I spent 6 hours with our audience, inside on a gorgeous sunny day. No one was in a hurry to leave when the seventh hour arrived. I was both delighted and impressed — and a little surprised. Everyone invested in the listening and the exchanges as internist Dr. Mark Levy shared why we need to have the genuine exposé with our physicians regarding our true condition of health in order to actually be healthy. Psychologist/financial advisor, Dr Larry Shapiro, interacted with the audience about behavioral finance and opened pathways for people to examine their own psychology of money and gauge their fiscal comfort zone.

As people were leaving, knowing we'd reconvene next month, the consensus was that exposure is better when we initiate it rather than having it opened up in front of us at some inopportune time. There are some inconvenient truths in life but the real truth is — no matter what the topic, it's better to know.

You'll find credible tools on our web site to help you gauge where you are inside of your life, conduct a bit of your own exposé of real and access your calm mind. Give it a try and then e-mail me to let me know how it's working for you.

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