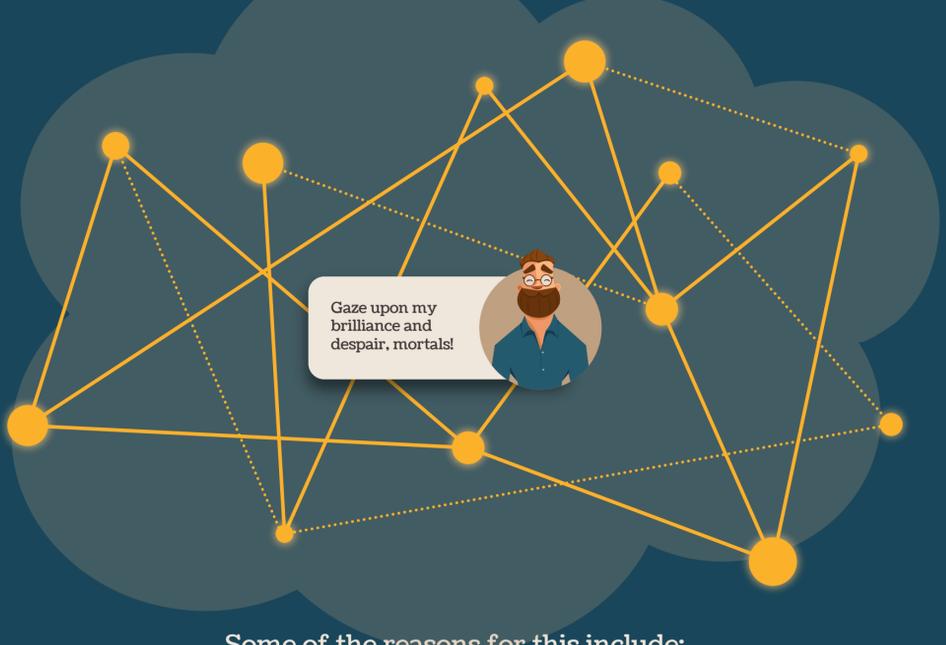


HOW TO SURVIVE BEING THE Smartest Person IN THE ROOM

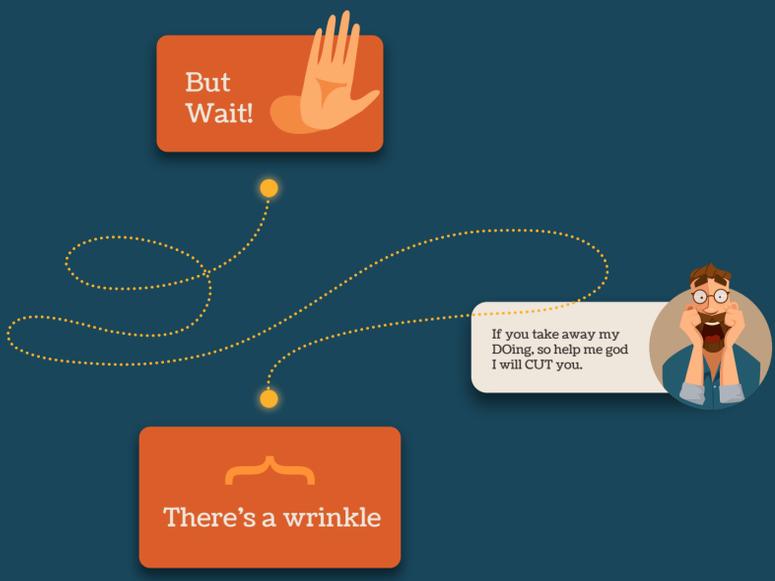
As one of the Smartest People in The Room, you tend to be better at DOing than anyone else.



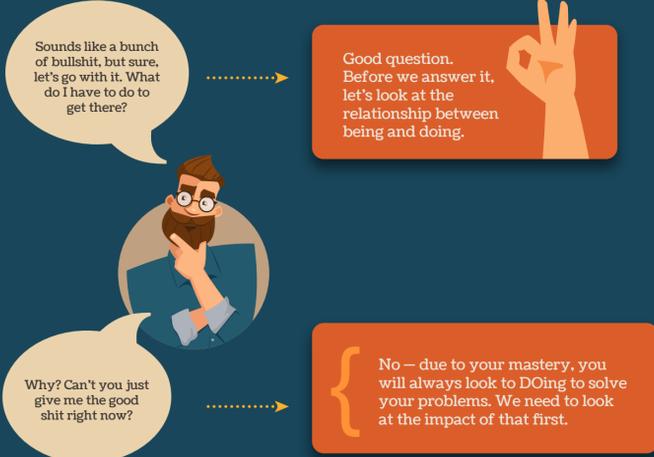
Some of the reasons for this include:

- Your brain allows you to perform risk-analysis and problem-solving faster than other people. You make (and act on) decisions faster, more often, and more correctly, than most.
- You hate looking stupid or inadequate, and have learned to generate results that prove you are anything but.
- You can use your brilliance to determine what people need before they do, and provide it to them – forever staying one step ahead.

In fact, you've become so masterful at DOing that there's very little you can't accomplish in this realm. It is your greatest strength. It's also where you feel most comfortable – when you're doing things.



The experience we crave from life is a not a product of what we are **doing** nor what we **have**, but of who we are **being**.



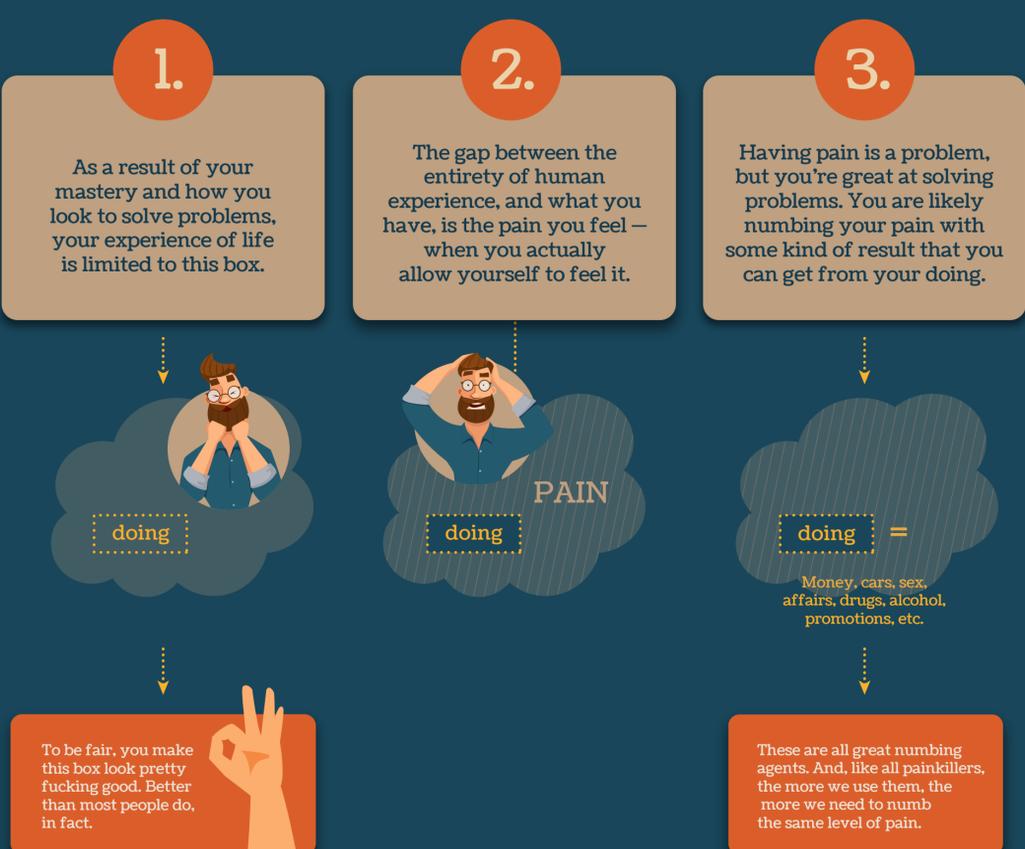
The relationship of BEING to doing



How we relate to BEING and doing



THE IMPACT



WELL NOW WHAT?

PRACTICES

- Your ability to DO things better than anyone else is starting to get in your way. The first step is actually noticing how you numb your pain. Make a list of all the ways you numb yourself. See if you can catch yourself acting these out, in the moment.
- Actual transformation can only occur if you're willing to confront what isn't working in your life. What are your guilty secrets? Even though you have a great life (and you almost certainly do), make a list of the things that aren't great. What aren't you willing to share with others? These are your pain points.
- The Smartest People in the Room universally struggle with intimacy. Notice where, and what, you hold back from sharing with people. Practice sharing 1% more. You'll know you're on the right track if it feels uncomfortable and awkward.
- People can't support you with this, because you DO things better than everyone else. They can't see what it's costing you, only the rewards. You need support from someone that can see your brilliance, as well as what it's costing you. If you're really ready to take this on, reach out and connect with me.



ADAM QUINEY

250.686.7478
adamquiney.com
adam@adamquiney.com