

Be it till you see it - NOT Fake it till you make it.

God bless Mary Kay Ash, but she was dead wrong. Faking it is not just a nice way to say lie, pretend, and be disingenuous, it's flat out a killer of mental health.

Fakery builds nothing but pretend. Smoke and mirrors are not the way to build an authentic life.

Fakery might seem real, but it's a movie set, not an actual town. You're acting a part, not actually being the true, authentic you.

Mental health is something that needs to be talked about!

I am very pro-change your thoughts/change your life as you know it.

I have a firm belief in grit over quit!

You know that I'm a staunch supporter of taking risks and using creativity to get a solution-oriented focus.

But depression, anxiety, PTSD, and trauma are all exasperated when we ignore the truth of what is, when we pretend and “fake it till we make it”

Even so, we can be it till we see it because this is different than fake it till you make--want to know how?

1. Be it till you see it is showing up with all your “stuff”. Faking it is pretending your “stuff” doesn't exist.
2. Be it till you see it comes with a wide swath of feelings - scared, uneasy, nervousness, anxious, instead of ignoring and pretending those feelings like they don't exist.
3. (This is a biggie) Your fake persona, the fake you showing up in all your fakery, is better than the real you with all your 'stuff.' This is classic repression and perfectionism. You with your all-ness of crappiness and emotionally entangled stuff IS good enough, and as a matter of fact, your stuff offers some real lessons if you look for them!
4. Confidence comes post-**ACTION**; not before. How can you have confidence about something you've never done? The answer is you can't! **CONFIDENCE** comes from **DOING**. So faking confidence is the greatest charade of all - just do it might be an old Nike ad, but it's great advice!
5. **BE TRUE to the REAL you - FAKE IS FAKE** and doesn't need you to show up! Being requires doing. Doing will help you find your authentic “fit.”
6. Authenticity brings joy -

"I am, I can, I will, I do" - Christine D'Ercole

TO BE is to be able to be yourself and no one else.