



THE REALITIES OF LIFE

An excerpt from the book MERIT, EXCELLENCE, INTELLIGENCE, offering Questions, Reflections, and Answers to assist readers in shifting their focus from Diversity, Equity, and Inclusion (DEI) to an emphasis on Merit, Excellence, and Intelligence (MEI).

The earlier you grasp life's realities, the more equipped you'll be to navigate its lessons, triumphs, and discoveries. While some experiences may be unpleasant or even painful, they will challenge you and ultimately guide you toward obtaining what is essential for your (MEI) journey.

Self-reflection benefits not only the individual but also the community and society as a whole. It allows us to evolve, learn from our experiences, and identify our strengths and weaknesses. Through self-reflection, we can grow and become better versions of ourselves.

By questioning ourselves, we develop greater empathy and a deeper understanding of others. It helps us see the world from different perspectives and form more meaningful connections.

The world is constantly changing. By self-reflecting, we can adapt to these changes more effectively and become more resilient in the face of challenges.

A society progresses when its members are open to self-reflection and change. It enables us to identify injustices, challenge outdated norms, and promote more inclusive and progressive values.

Facing the realities of life involves continuously questioning ourselves while remaining humble and open to growth. However, it's also crucial to find a balance and not be too critical of ourselves, while cultivating positive thinking.

Positive thinking is a powerful concept. It doesn't mean ignoring challenges or difficulties but approaching them with an optimistic and constructive perspective. By adopting a positive attitude, you are better prepared to manage stress and overcome obstacles.

Positive thinking can significantly impact your mental and physical well-being, improving your resilience and ability to face life's challenges.

In THE REALITIES OF LIFE chapter, you will explore traits of strong character that empower individuals to articulate and uphold their perspectives effectively.

- The questioning
- The questions you need to ask yourself about the realities of life?
- What Are the Harsh Realities of Life that You Need to Learn to Accept?
- What harsh realities truly help us progress in life?
- Positive thinking
- What is a positive attitude?
- Is it important to have a positive attitude?
- Does your attitude have a profound impact on you and others?
- What does a positive mindset look like?

The fundamental question is: would you prefer to be among pessimistic, complaint-oriented individuals or surrounded by vibrant, uplifting, and joyful people who inspire and encourage you?

Positive emotions have a ripple effect; by surrounding yourself with such individuals, you nurture optimism, unlock your potential, and cultivate an environment conducive to introducing the concept of your (MEI) strategy.

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About the Author

In addition to his work as an author, Germain Decelles serves as a Change Management Strategist. With over 40 years of business and consultancy experience, he has worked with both local and international markets in a wide range of sectors, including retail trade, distribution, information technology and communications, transportation, manufacturing, financial services, and government organizations.

Other publications by Germain Decelles include:

- ISO Pour Tous
- Le manuel d'information ISO
- Le guide de préparation ISO
- La gestion du changement en affaires
- La gestion de projet d'affaires
- Le changement POUR TOUS
- Change your future, now!
- My success is your success.
- Mon succès est votre succès.



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Press Contact

Germain Decelles

WebTech Management and Publishing Incorporated

17 Marien Avenue, Montréal, Canada

H1B4T8

514-575-3427

decelles@webtechpublishing.com

www.webtechpublishing.com —30 —