

We all have dreams.
But in order to make dreams
come into reality,
it takes an awful lot of
determination, dedication,
self-discipline, and effort.

**MERIT
EXCELLENCE
INTELLIGENCE**

James Cleveland "Jesse" Owens
(1913 – 1980)
American track and field athlete who
won four gold medals at
the 1936 Olympic Games.

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MAKE YOUR LIFE A REALITY

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).

If you're going through a period of uncertainty in your life, remember that this phase is only temporary. By asking yourself the right questions, you can discover your deepest aspirations, strengths, and goals. Take the time for genuine reflection, as these thoughts can illuminate the path forward.

The journey of self-discovery and goal setting is a unique opportunity to better know yourself, recognize your passions, and learn to harmonize them to determine what you truly want to do with your life.

This personal quest to find the right path to success must be built by balancing each element on the criteria of Merit, Excellence, and Intelligence. There is no other logical way to achieve it!

At some point, each of us goes through periods of uncertainty. Avoid judging yourself too harshly and show the same kindness and understanding you would extend to a good friend in a similar situation.

If you don't know what to do with your life right now, remember that this feeling is temporary. Asking the right questions can help you understand your desires, strengths, and goals. Think about it wisely to seek out clues that will guide you on your way.

To achieve something in life, you will need to identify important life goals, create an action plan, and maybe even consider questions of personal identity. Achieving goals requires clarity of intention, persistent determination, and a reward system that keeps you on the set path.

It is also crucial not to waste time. Improving your time management allows you to dedicate more time to the things you want to do. Logically distributing your professional activities and healthy leisure throughout the week will positively support and motivate your schedule.

The key to managing your time, more efficiently is to minimize distractions, focus on the most important tasks, and find a reliable way to assess your productivity.

Discovering your passion is not just about finding a career you're passionate about. It's a journey towards self-discovery that requires introspection, exploration, and the courage to step out of your comfort zone.

The process of discovering your passions involves breaking down different levels of interests, desires, and activities to reveal what you truly love. This path can be complex but is generally very rewarding.

Self-discipline is one of the most important life skills to develop, both for those just starting out in life and for the more experienced. It is crucial to understand that without discipline, a key factor of motivation, it will be difficult to structure your motivation process.

Humans need rules to live together. Without them, social and civilized life would not be possible. Rules establish boundaries, protect rights, and create a sense of responsibility.

They provide a framework for cooperation, conflict resolution, and the maintenance of social harmony. Even if rules can sometimes seem restrictive, they ultimately serve a valuable purpose in our lives.

To give other hope, you need to be hopeful for the future and not let others lose hope. The simplest way to lead by example is to participate and lead from the field rather than from a retreating position.

By getting involved in initiatives, you show that you value their work, understand their contribution, and appreciate their time.

Finally, be enthusiastic about the future by preparing for it today. Of course, there will be obstacles, but there will also be good moments.

In the chapter to MAKE YOUR LIFE A REALITY, we try to see this feeling of disorientation as an opportunity that can signal that you are evolving and reassessing what truly matters to you. It's a chance to explore new possibilities.

- You do not know what to do with your life
- The answers lie within you
- How to achieve it?
- Identify your life goals
- What do you need to clarify before you start identifying?
- How to develop a growth mindset?
- How to create an action plan?
- Set your goals
- Create a plan
- Change your perspective
- Don't waste your time
- How to use your most valuable asset?
- How to stop wasting time?
- Discover your passions
- Are passions, the same as hobbies?
- How to live a life of passion and determination?
- How to discover your passion?
- Self-discipline
- How to find motivation?
- Are failure victories?
- People need rules
- Offering hope
- Lead by example
- Be enthusiastic for the future

If you find yourself pondering, « What should I do with my life? » there are actionable steps you can take to carve out your journey, beginning with a (MEI) strategy. Remember, your path will be entirely your own, so it's crucial to remain authentic and aligned with your goals and dreams.

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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.

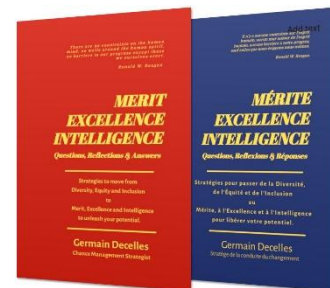


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