



## Be In Sync



This is not a plea for you to be “In Sync,” the music group, although they did have some rockin’ moves in their day. “Baby Bye Bye Bye” . . . oh yeah!! But no, let’s focus here . . . this is a plea for you to let your true self be in sync with the self you portray to the world. You will feel so much more peace if you stay true to yourself and not try to sell yourself as something you’re not. Because, really, the truth will catch up to you at some point, people will be able to see through your facade, and you’ll feel at odds with yourself because you’re being phony. Instead, be genuine. Portray who you truly are to the world and you will feel at peace.

“Almost every man wastes part of his life in attempts to display qualities which he does not possess, and to gain applause which he cannot keep.”

–Samuel Johnson