

# 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:

{ Gaze upon my brilliance and despair, mortals! }



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.

But wait!

There's a wrinkle!



{ If you take away my DOing, so help me god I will CUT you. }

The experience that we want from life is a product not of what we are doing, not of what we have, but of who we are **being**.



{ Sounds like a bunch of bullshit, but sure, let's go with it. What do I have to do to get there? }

{ Why? Can't you just give me the good shit right now? }

{ Good question. Before we answer it, let's look at the relationship between being and doing. }

{ No – due to your mastery, you will always look to DOing to solve your problems. We need to look at the impact of that first. }



## The relationship of BEING to doing



The entirety of human experience is inside here.



## How we relate to BEING and doing



{ Wait, but what about all of this stuff out here? }



## THE IMPACT

1. { As a result, of your mastery and how you look to solve problems, your experience of life is limited to this box. }



2. { The gap between the entirety of human experience, and what you have, is the pain you feel – when you actually allow yourself to feel it. }



3. { Having pain is a problem, but you're great at solving problems. You are likely numbing your pain with some kind of result that you can get from your doing. }



{ To be fair, you make this box look pretty fucking good. Better than most people do, in fact. }



{ These are all great numbing agents. And, like all painkillers, the more we use them, the more we need to numb the same level of pain. }



## WELL NOW WHAT?

- 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 your pain. So... are you? If so, then start to notice 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.

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*Curating Exquisite Leadership*