

Do you ever catch yourself running around in six different directions at the same time and wonder, "Why am I doing all of this?"

Do you notice that your focus is sometimes split- for example, do you find yourself thinking about work when you are with your family? Do you sometimes wonder if there might be a way that you could live in closer alignment with the deep desires that motivate you?

If so, then it is time for you to "Get Real"! The Get Real Workshop is a 6-step process, in which promoter/trainer/author [Nick Lynch](#) will teach you how to:

- - Honestly reveal and prioritize the most important categories of your life
- - Identify the activities that best support growth in those categories
- - Implement those activities into your daily and weekly routine

The Get Real Workshop is "planting-focused", rather than "harvesting-focused"- it teaches you to construct a life that you love throughout the journey, rather than needing to use a destination to justify yourself. The Get Real Workshop is also flexible, based on the understanding that change- even positive change- can sometimes be intimidating.

Tuesday, October 27th

8:17am-10:00am

Fee \$45.00

Get Real Workshop With Nick Lynch

Rancho Cordova
Chamber of Commerce
2729 Prospect Park Drive Suite 117
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Located at

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