

# Being “Cause”

Notes from **Dave Chalk** presentation on October 13, 2006, SOHO Conference, Former President, Chalk Media Group.  
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If you've ever flown on Air Canada, you should know who Dave Chalk is. He is a successful entrepreneur and is renowned in Canada for his talks, through media, on up and coming technology. This talk was completely different than what I'm accustomed to and it really hit me hard. Whatever you are doing in life, his words below, should help accelerate you towards greater happiness.

I met Dave briefly after his speech to mention my work with MKP (Mankind Project) and that what he said really resonated with me. However, I don't follow it religiously like I should. He understands the whole ideal of being in your body and based on his history, this was a choice he had to make early on in life.

Dave shared his vulnerability with the conference attendees. When he was a child, it was found out that his eyes and ears were fully functional, but the signals to his left brain were and still are not in order. He has a terrible memory and to this day, only can recognize about ten people in his life. This impacted his life in many ways. He had to be honest and speak the truth, be positive, not fall into the victim mode, and more. His reality gave him characteristics that I welcome in my life. Can you imagine not being able to harness your memory? Thanks to his supportive parents, he is where he is today. His parents believed in him.

Here are some key points that he brought up.

- **Do** what you really want to **do**. The only thing stopping **you** is **you**. (My rhyme was not intentional)
- Look at yourself and say “I am the problem”
- We were always told we can't. He mentioned that at childhood, we're told this about 387,000 times. We are told that we can, about 30 times.
- We are where we are in life now, because that's where we want to be. (You'll have to say this a few times to yourself to understand that)
- Don't wait for somebody else to fulfill your wants, be **bold** and **DO IT**.
- With passion, comes pain. They are one in the same. (Wow, another rhyme...I'm on a roll)
- Believe in you, believe and know your strengths. Create a “Must Do” attitude. Make it happen. **The only thing in your way is you.**
- Don't be a victim. Take responsibility for your own life.
- Decide on having a good day. Don't wait for it to be good.
- What you think, is what you'll get. You will become what you believe you will become.

Here are three things to focus on:

1. **Attitude.** You can be negative or positive. Are you any further ahead if you choose to complain about others? Have an open attitude. Attitude is everything. Positive attitude and energy attracts the same.
2. **Listen.** Listen to the world around you. Listen to the real meanings behind what people say. Be with someone 100% when they talk to you.
3. **Don't lie.** Trust your heart, be vulnerable, express yourself fully, and don't let your ego get in the way. Instead of making excuses, tell the truth and deal with the consequences. Expose yourself.

Speak from your heart and believe it. **Be Cause.**