

We must build a particularly strong sense of self so that we don't simply take the easy road and march to the beat of everyone else's drummer. If we do the latter, we may never feel satisfied, as there will be a large gap between where we are and where we'd like to be. We would be *incongruent* or *out of integrity*.

This brings us to the definition of a *naked idealist*. **This is someone who has learned to exist, act and relate in an authentic, sustainable, joyful and impactful way.** More specifically, we are practicing naked idealism when:

- We have removed facades to fully understand, accept and expose our Authentic Side.
- We drive our actions via the powerful pull of “naked visions” stripped of the constraints of current reality, yet strongly grounded in our Authentic Side.
- We still respect current reality as we move forward, but we do not allow our judgments of how it *should* be to paralyze or overpower us.
- We relate to the world in a manner that reflects our Authentic Side, supports creation of our desired end results, and respects the interconnectedness among everyone and everything.



Naked idealism is not a final end state, where we wake up one morning and exclaim, “Okay, I’m there. All done now!” Rather, it is a continuous process where there is always room for self-improvement. In striving for this, it’s helpful to keep in mind some of the individuals whom we believe best reflect the above characteristics. This is different for each of us, but it might include Gandhi, Martin Luther King, Jr., Rachel Carson, a media personality like Oprah, a founder of a major religion, a visionary entrepreneur like Bill Gates, an artist who is living their dream, or people who joyfully share their energy every day but may never receive public recognition for their efforts.

Real-life lesson: Striking on crutches

Most of us find it easier to act authentically with our clothes on, and do not take the “naked” part of naked idealism literally. In fact, the thought of bareness makes many