



THE HERO WITHIN YOU

P L A Y B O O K

BY ROBIN SHARMA

[illegible]

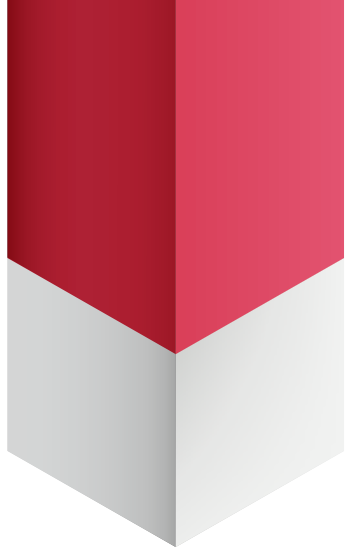
A decorative graphic consisting of a light gray triangle pointing downwards, overlaid with horizontal dotted lines. The triangle is positioned on the left side of the page, and the dotted lines extend across the width of the page.

[illegible]



But here's the thing. As he got really, really, really old, he forgot he was a lawyer. He forgot his status. He forgot about his big house. He forgot about his position in society. And he remembered he was a pirate. And he remembered, he was a giant.





THE HERO WITHIN YOU

I want to ask you a question. Have you forgotten who you are? When I witness the world, when I work with billionaires, when I work with NBA superstars, when I work with some of the greatest Titans on the planet at my annual event, The Titan Summit, here is one thing they all have: they are mono-maniacally resistant to any form of average.

So the question becomes, why do potentially great human beings and iconic performers become average? And I think that story explains it. We are all like that little boy. I believe we are born into genius. There's a lot of neuro-biology suggesting we use just a fraction of our brain's power. If you look at some of the best athletes, what they do is, they actually use more of their brain. They focus, then there's the release of BDNF, which is like Miracle-Gro for the brain. Their brains build new neural connections. Because they focus so much on one skill versus being addicted to distraction, neurons that fire together, wire together, and then a fatty matter called myelin starts to wrap around that one neural pathway related to their skill. That accelerates their learning, and accelerates their ability to see things that their other competitors can't see.

I guess what I'm really suggesting to you is, science is confirming that every single person on the planet has the potential for genius. Think about this please. Every single person alive today has the potential to be a Rembrandt at one thing. Most of them, because of their mindset and their beliefs, don't believe they can be a genius at any one thing so they don't even start the process of mastering that one skill.

This is the Descent into Average. We're like the little kids who believe in themselves when we're first born. We're very innocent. We have great imaginations. We're full of passion. Our natural state is energy. We have the opportunity for mastery. And then the world around us, our parents, our teachers, our peers, the media, which is relentless, starts this process of seduction, in what I call, **Hypnosis Against Mastery**. With all of this messaging, what happens is your brain actually starts to be reconditioned. You actually believe that people who are world-class athletes, and world-class entrepreneurs, and world-class artists, and world-class managers, and world-class mothers, and world-class fathers, and world-class human beings are cut from a different cloth. You've heard me share this before. This is the process.

What areas in your life have you allowed forms of average to creep in?





How has hypnosis against mastery affected you?

After this mass hypnosis, bred by society, the next step is **Resignation into Mediocrity**. And you see people who have betrayed their talent because they were resigned. They literally say, "I don't have what it takes to be world-class. I can't be a Titan of my field." And because of that belief, your behavior always matches your identity and your beliefs, and so they start spending their best hours watching television. Or medicating themselves with video games. Or surfing the Internet for hours and hours. Or being addicted to technology. That's just an escape because potential unexpressed turns to pain. If you're not expressing your potential for years and years and years, you'll subconsciously have all this pain deep inside.



Year	Percentage (%)
1990	85
1995	80
2000	85
2005	80
2010	85



What potential have you left unexpressed?





See, the average person has a tiny cause. They sleep too much, they drink too much, they eat too much, they talk too much. They waste time because they're bored. They have no mighty cause that defines and inspires their life. When you find that cause, maybe it's to be a great teacher, a great filmmaker, a great manager, a great mum, a great taxi driver, a great chef, that fuels this obsession. An obsession is only a non-healthy thing if it's an unhealthy obsession.



[illegible]

A decorative graphic consisting of a series of horizontal lines. A large, light gray triangle is positioned on the left side, pointing towards the right. The triangle's base is at the bottom left, and its apex is at the top left. The horizontal lines are evenly spaced and extend across the width of the page.



But what I want to dial in on is Martin Luther King's last speech (<https://youtu.be/o0FiCzXKuv8>). It was the speech he gave the day before he died. Before he was killed, before he was assassinated. You've heard it. It's the one where he said, "I have seen the Promised Land. I may not get there with you. But I have seen the Promised Land." And you could palpably, viscerally, even now, there's a shiver up my spine. That man had detected his mighty cause. That man said, "Until you have found something you are willing to die for, you're not fit to live."





I'm going to challenge you. Today is the day to start living that life, thinking those thoughts, installing the right habits, being truly your values, getting up early playing it world-class, being a student of your craft. Surrounding yourself, not with energy vampires, but with people whose lives you want to be living. Putting in your mind, not toxic influences, like violent movies, violent commercials, violent conversations. Put in your mind beautiful information, inspiring information, valuable information. In creating a life that really serves you and your loved ones, and respect your talents, so you can go out into the world and bring it on. That's my great wish for you.

[illegible]



A stylized illustration of a mountain range. The mountains are depicted in various shades of gray, with the central peak being the most prominent. The background consists of horizontal dotted lines, creating a textured effect. The overall style is minimalist and modern.



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. On the left side, there is a light gray rectangular area, which appears to be a shadow or a placeholder for a binding edge. The overall appearance is that of a clean, unused piece of stationery.

A decorative graphic consisting of a series of horizontal lines. A large, light gray triangle is positioned on the left side, pointing towards the right. The triangle's base is at the bottom left, and its apex is at the top left. The horizontal lines are evenly spaced and extend across the width of the page.



This image shows a standard sheet of primary-ruled paper. It features a series of evenly spaced horizontal dotted lines across its entire width. A single vertical dashed line runs down the center of the page, dividing it into two equal halves. The background is white, and there are no other markings or text present.