

Your infinite and glorious potential

Do you remember how it felt when you first read or watched Harry Potter and Harry first finds out for the first time that there is so much more to him than he had ever before imagined. ["You're a wizard, Harry!"](#) Hagrid tries to convince him. Or maybe for you it was Luke Skywalker, when he finds out that he's a Jedi, or [Percy Jackson when he learns that he's Posidon's son](#), or in Dune when Paul Atreides is forced to face his central role in the holy revolution as Lisan al-Gaib (or messiah). While all of my examples might show a bit more about the kinds of stories I like to read than whatever interest you might have, the point is that in any hero's journey there's a moment when the would-be-hero realizes that they are much more than they ever imagined they could be. And for you the “much more” is infinitely bigger.

No matter where you are on your hero's journey, you are certainly living far beneath your privilege and destiny. You need to know that the God of the Universe gave you birth and has entrusted you with a glory and destiny far greater than any work of fiction could ever hope to capture. But to unlock that infinitely awesome and amazing self that is hidden inside you requires diligence, hard work, and preparation. Even with your birthright, there are places in this universe that you cannot get to without first proper preparation, and that preparation is hard transformative work. This hard work may be what keeps a lot of people from reaching even a small portion of that infinite potential that they have inside of them, not realizing that it is worth all of the effort that can be put in.

Think about all of the stories that you have loved and the stories that have inspired you, none of the main characters go through the story without challenges. Also think about the things that you would like to accomplish, the “stories” you want to write with your life. **Write them down** so that you can look back and refer to them. Write about the stories that inspire you and the goals and dreams that you want to attain. Also **take note of the challenges** that you think you'll face in getting to where you want to be. As you continue and actually face challenges that might cause you to question if the goal is worth the price you have to pay, you can look back on your dreams and goals and push through the discouragement because the treasure at the end is worth it even if the challenges prove to be harder than you could have ever imagined. Also **take note of the help** that the universe and the God that created it are giving you to overcome those challenges, and become something more divine.

Perhaps thinking about your favorite training montage, like when [Rocky is training with Apollo](#) to beat Mr. T (or any of those Rocky movies) might help. Having a goal, like Rocky, can help motivate you in your own training, exercise, and/or learning. And each step forward can help infuse you with the great feelings of accomplishment, knowing that you are successful in overcoming hard things, you can then continue and overcome even more difficulties and grow even further.

Did you know that one of the biggest reasons people have a hard time learning is because of obstacles they put inside their own head, or because they choose to believe the doubting words of others? Once you get past your own doubts and disbeliefs of yourself, you'll see that the whole universe has your

back and is there to help you learn and grow in all of the most important ways (perhaps minus a few notable exceptions, but you don't have to listen to them or give them any heed). Or in other words God himself is there on your side to help you succeed, and with his help nothing can stop you but you. So, it takes dedication, perseverance, and practice to continue making that next step now (don't procrastinate). It takes practice, if we can at least put in some effort and try to keep the momentum going (and hopefully building), with time we can build our ability to do good and our endurance for keeping it up for longer.

There was a time when I was young that I watched TV constantly, I remember being upset that there wasn't anything better to watch but still watching anyway because it was at least something. My father, wanting so much more of me than I was becoming at that time, bought me a chemistry set. It was fun to see all of the crazy things that chemicals can do, but it was also fun to see (especially looking back on it now) my mind open to so much more that the universe had to offer. There was another time as a youth that I was bored and couldn't think of anything to do, my Mom said that there were plenty of things that she could use help with and pointed to kitchen walls that needed cleaning. It felt good to be productive, see the results of my hard work, and to be of service. As I've grown since then I've been able to see those small rays of brightness turn into brighter and bigger beams by graduating with degrees in physics, math, and computer science as well as each time I'm able to be of help to someone who needs help.

Can you think of ways that you have been helped to get to where you are today? One of the best ways of getting past the obstacles in your own head is looking around at all the things that you have to be grateful for, and realizing that you can do hard things. You can accomplish. And that you're not alone. Write down a list of the ways you were helped in getting as far along as you are already, a list of things that you are grateful for, and a list of people that you know are in your corner.

There are also a large number of distractions in this world that can seduce you away from those things that are truly most important. You might find it easier to succumb to the short term enjoyment of those distractions than to put in the work and dedication needed to achieve true greatness. It's also important not to push yourself so hard that you burn out and can't go on. So it's important to find a balance here. Hopefully as you move forward with confidence you will realize the joy and happiness that comes from success and growth and it will get easier and easier to focus more completely on those things that really matter, and thus also more fully enjoy the times you do have to relax and have fun.

Take time to **list things that matter most** to you and those you love. Think about what would be most important for a successful life.

Recognizing what is most important here and now and acting on it is the heart of what it means to live an inspired life.

(Can we share your lists with others? ____)

What are stories that you love and that have inspired you?:

What are some of the encouraging or inspiring quotes that you like to remember?:

(here are a couple of mine:

“In my experience, successful people shoot for the stars, put their hearts on the line in every battle, and ultimately discover that the lessons learned from the pursuit of excellence mean much more than the immediate trophies and glory” ~ Josh Waitzkin

"One thing I have learned as a competitor is that there is a clear distinction between what it takes to be decent, what it takes to be good, what it takes to be great and what it takes to be among the best..." ~ Josh Waitzkin

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What are things that matter most to you?

What are your aspirations, dreams, and goals?

What are some of the challenges that you face?

What are some of the ways in which you've been helped to achieve your dreams?

Using the answers provided above, let's make some goals centered on what matters most to you so that you can reach your dreams and aspirations, overcome your challenges, and leverage the tools and help that you have.

Review and revise quarterly (every three months).