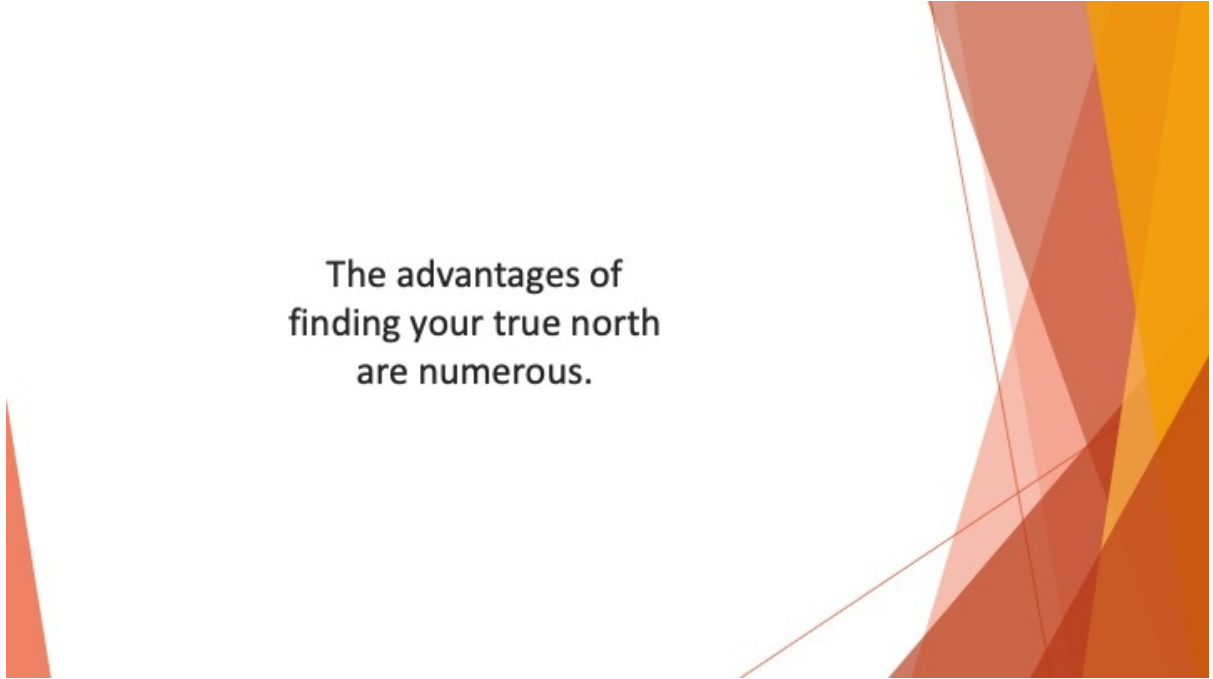


Chapter 2: Benefits of Starting with Clarity



S1 : In this video, we'll talk about "Brain Power and Brain Health

101"



The advantages of
finding your true north
are numerous.

S2 : The advantages of finding your true north are numerous. It enhances your chances of being comfortable in your skin and finding your best niche.

The perks of starting with clarity include the following.



S3 : The perks of starting with clarity include the following.

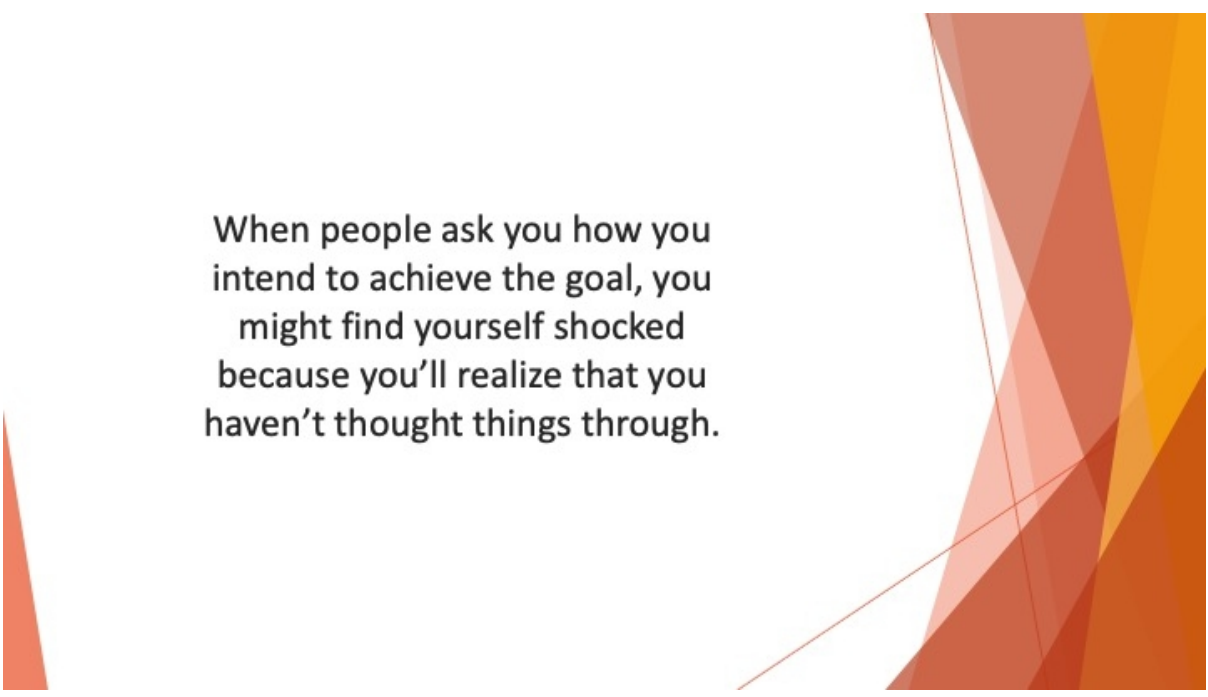
The slide features abstract geometric shapes in shades of orange and red. On the left, a small orange triangle points upwards. On the right, a larger, more complex shape composed of overlapping triangles and polygons in various shades of orange and red is visible.

Defined Goals

There's no way you'll be able to set specific goals when you don't have a clear idea of what you want to do.


S4 : Defined Goals

There's no way you'll be able to set specific goals when you don't have a clear idea of what you want to do. You'll only end up setting targets that are ambiguous based on questionable criteria.




When people ask you how you
intend to achieve the goal, you
might find yourself shocked
because you'll realize that you
haven't thought things through.

S5 : When people ask you how you intend to achieve the goal, you might find yourself shocked because you'll realize that you haven't thought things through. Some individuals will accuse others of being pessimistic for questioning the feasibility of their dreams.




Don't be deceived. It's not
everyone that questions
you that doesn't believe
in you.

S6 : Don't be deceived. It's not everyone that questions you
that doesn't believe in you.




There are times that your
friends will realize that you're
only aiming to reach a target
based on the wrong motives.

S7 : There are times that your friends will realize that you're only aiming to reach a target based on the wrong motives. It might be obvious to them that you don't have a plan and your goals are not realistic.



Don't start fighting them and
accusing them, especially
when they are constructive
in their criticism.

S8 : Don't start fighting them and accusing them, especially when they are constructive in their criticism. Ask them what they think are the missing gaps so that you can go to the drawing board together and start all over again.



It's better to start again
than embark on a fruitless
and meaningless endeavor
that is doomed to fail.

S9 : It's better to start again than embark on a fruitless and
meaningless endeavor that is doomed to fail.

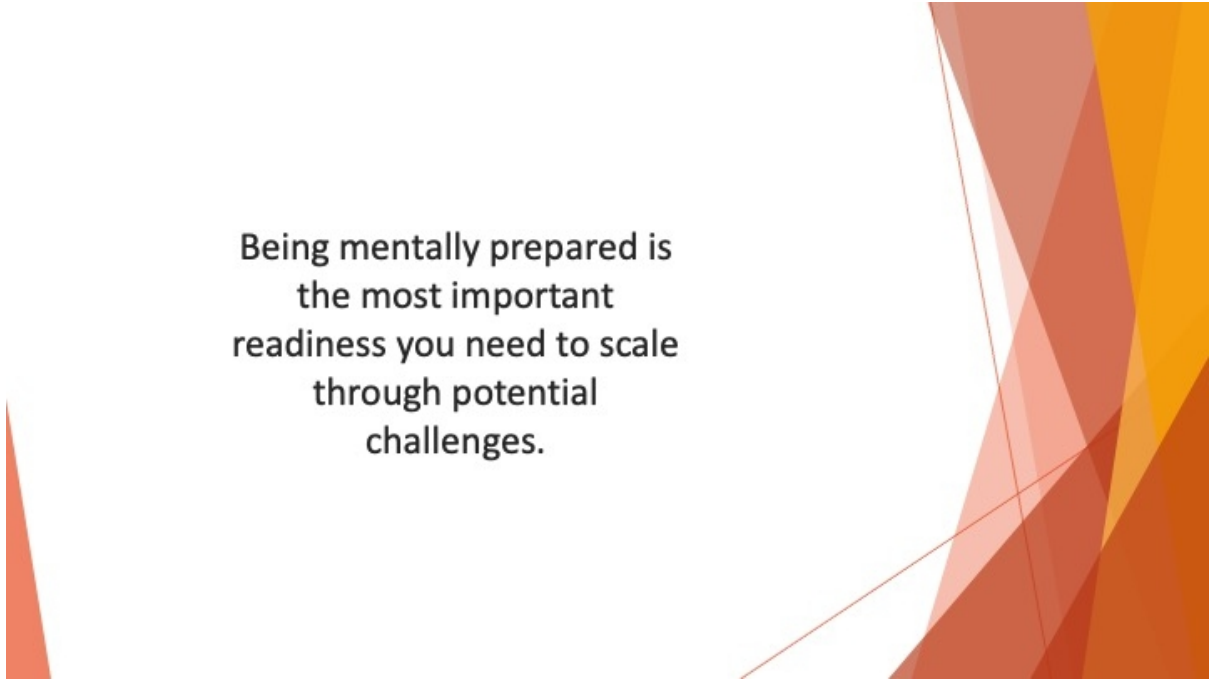
Clear Direction

Apart from knowing the direction of where you want to go, you'll also be able to give details of how you'll get there and the sacrifices you will need to pay to reach the target.

S10 : Clear Direction

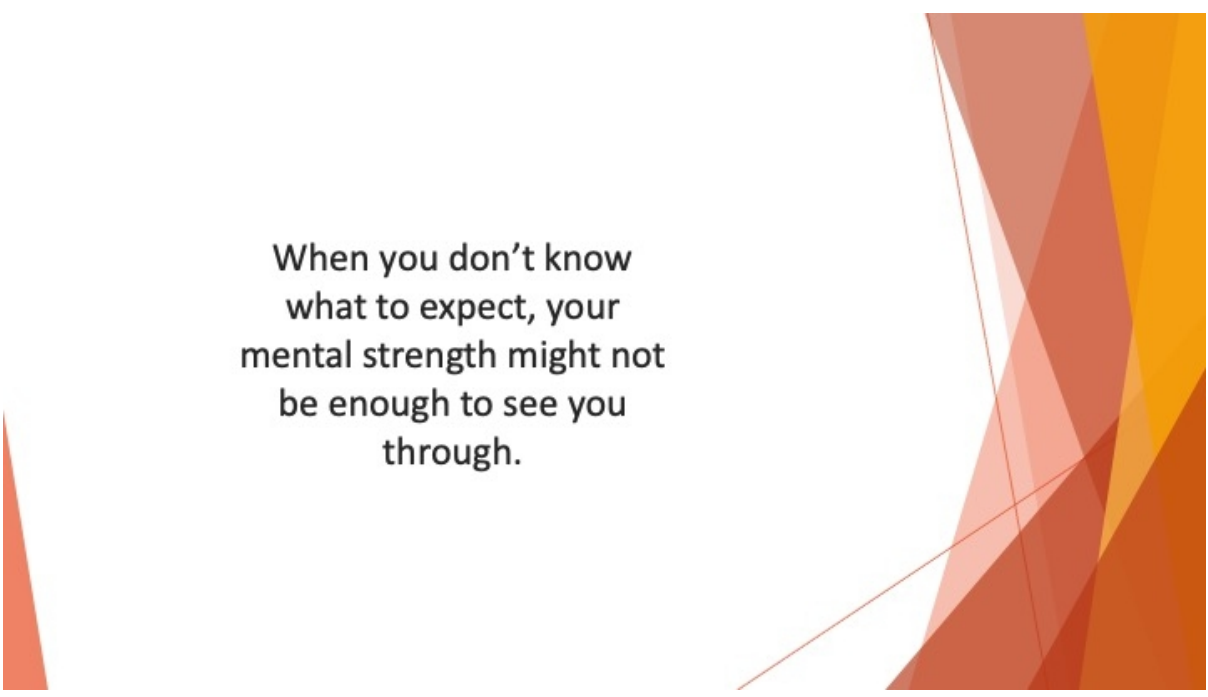
When you start with clarity, you know where you are heading.

Apart from knowing the direction of where you want to go, you'll also be able to give details of how you'll get there and the sacrifices you will need to pay to reach the target.



Being mentally prepared is
the most important
readiness you need to scale
through potential
challenges.

S11 : When you don't have a clue about what it takes to achieve a goal, you'll be surprised somewhere along the line and will realize that you have not prepared ahead. Being mentally prepared is the most important readiness you need to scale through potential challenges.



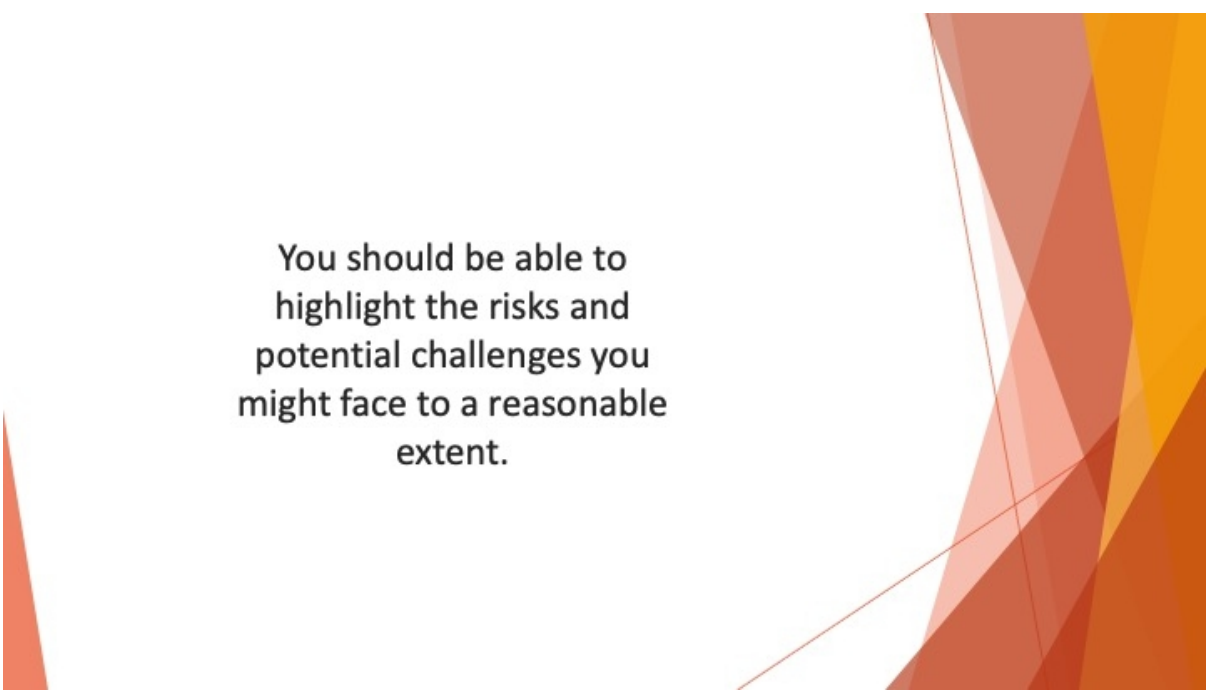
When you don't know
what to expect, your
mental strength might not
be enough to see you
through.

S12 : When you don't know what to expect, your mental strength might not be enough to see you through. Your skills and expertise cannot always bail you out.

If you're not prepared for what is coming ahead, you might collapse and give up.



S13 : If you're not prepared for what is coming ahead, you might collapse and give up. So, it is crucial that you start a journey with a good grasp of what to expect.



You should be able to
highlight the risks and
potential challenges you
might face to a reasonable
extent.

S14 : You should be able to highlight the risks and potential challenges you might face to a reasonable extent. When this is missing, you'll eventually find yourself in no man's land and might have to start all over again.

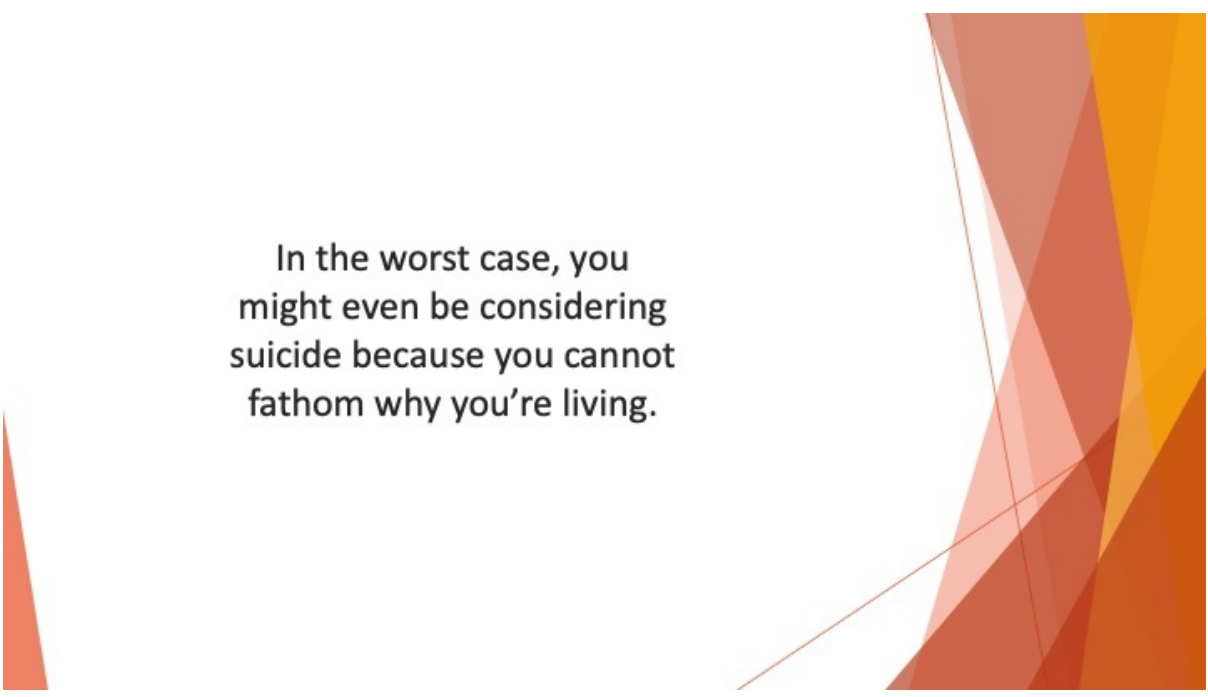


A Sense Of Meaning

Nothing beats that feeling of waking up in the morning, and you feel that you are living a meaningful life.

S15 : A Sense of Meaning

Nothing beats that feeling of waking up in the morning, and you feel that you are living a meaningful life. When your life doesn't make sense to you, you'll feel like staying in bed all day long.



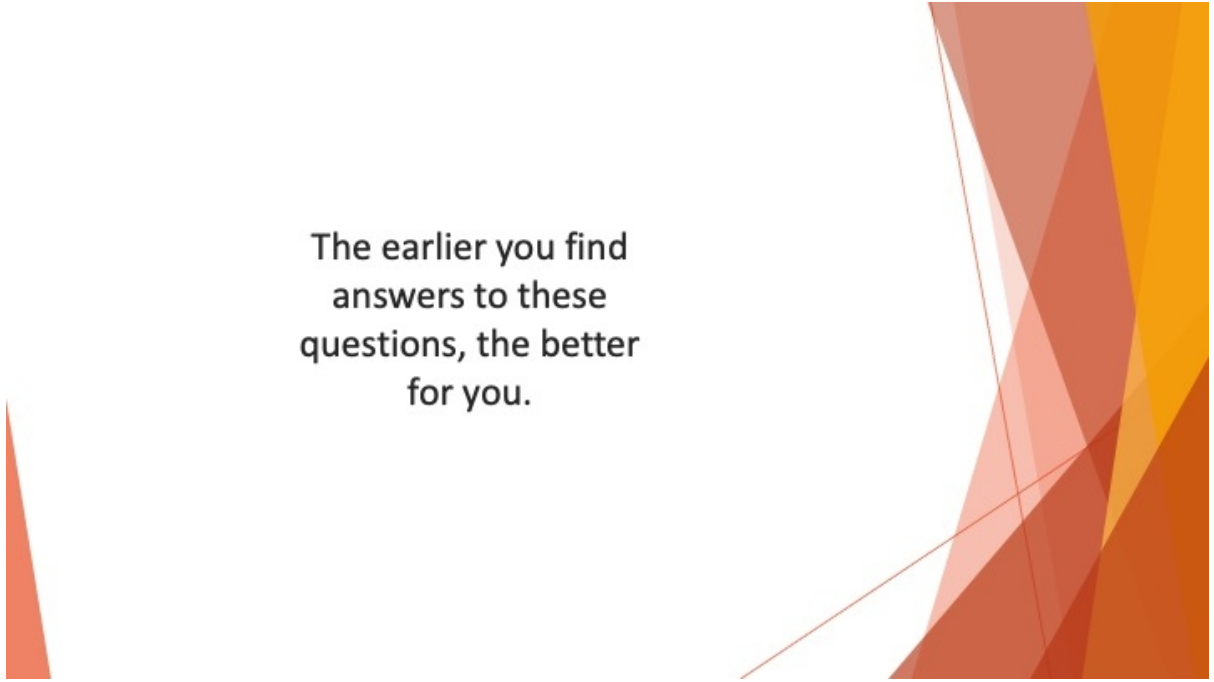
In the worst case, you
might even be considering
suicide because you cannot
fathom why you're living.

S16 : In the worst case, you might even be considering suicide
because you cannot fathom why you're living.

Don't wait until things get
so bad that you have
suicidal ideations.




S17 : Don't wait until things get so bad that you have suicidal ideations. Sit down and draft a plan for your life.



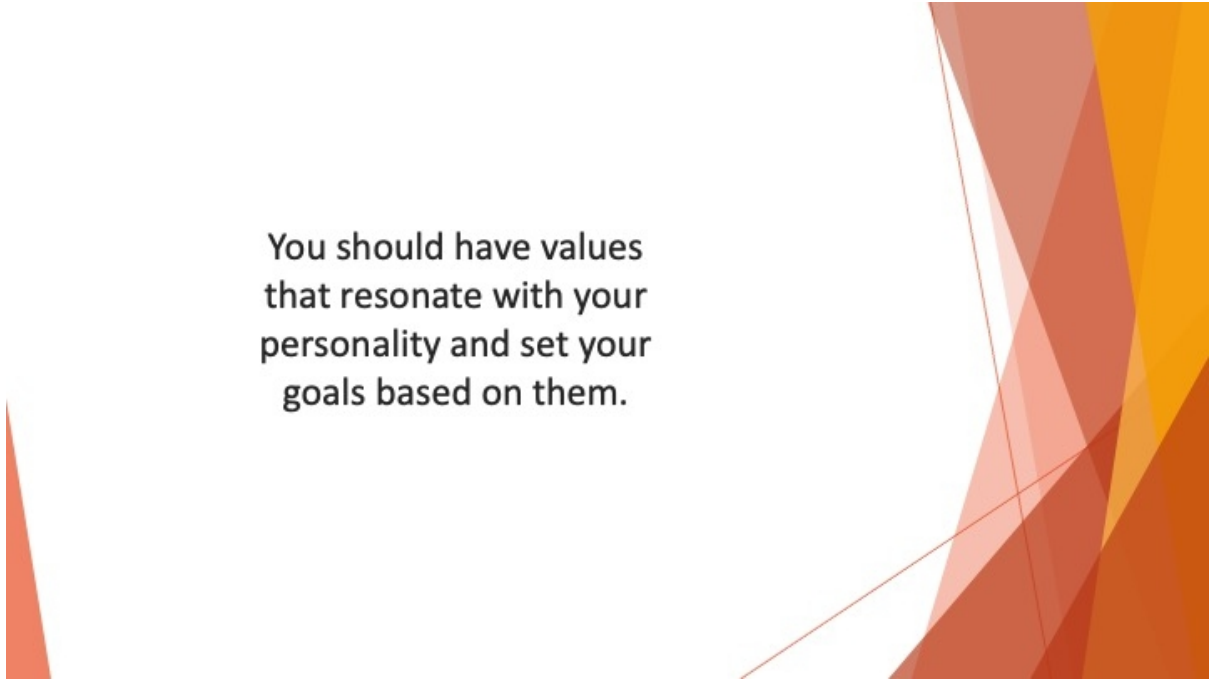
The earlier you find
answers to these
questions, the better
for you.

S18 : Ask yourself, “Who am I?” What kind of man or woman would you like to become? The earlier you find answers to these questions, the better for you.



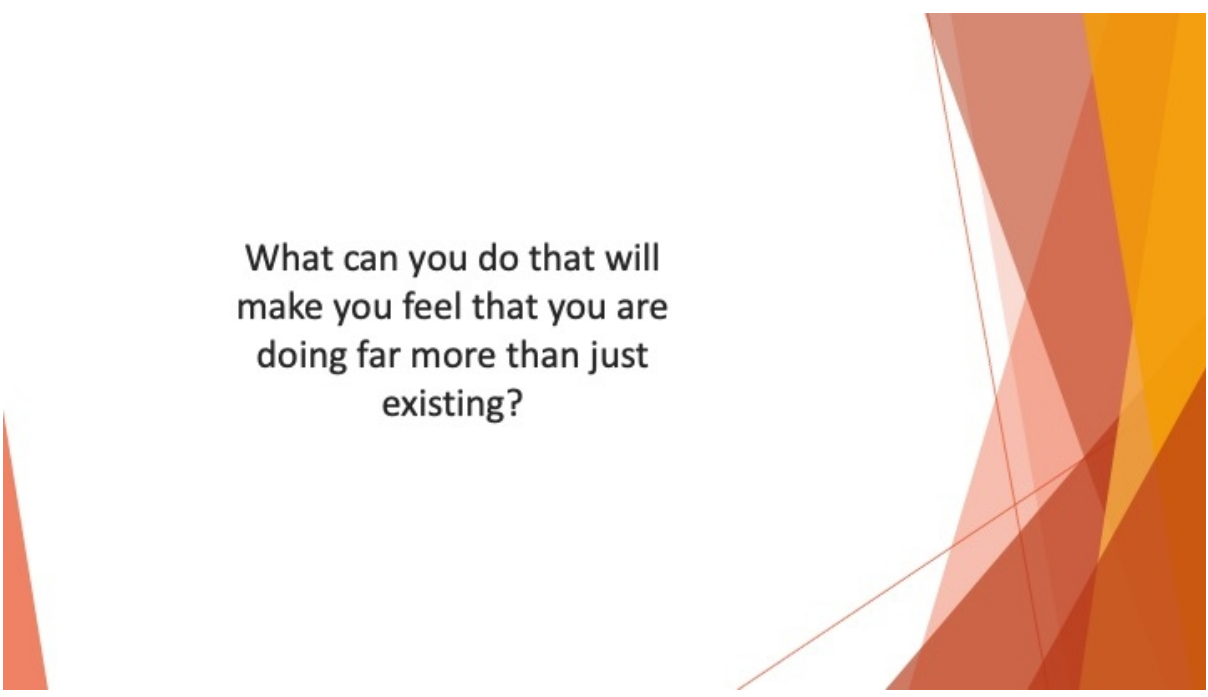
When you don't have a
plan for your life, others
will use you to achieve
theirs.

S19 : When you don't have a plan for your life, others will use
you to achieve theirs.



You should have values
that resonate with your
personality and set your
goals based on them.

S20 : You should have values that resonate with your personality and set your goals based on them. How do you see the world? What can you contribute to make life worthwhile for others?



What can you do that will
make you feel that you are
doing far more than just
existing?

S21 : What can you do that will make you feel that you are doing far more than just existing? Provide answers to these questions as soon as possible to give yourself an essence to live.




Identification Of Distractions

It's when you know where you're going and what you need to do that you can be able to identify potential distractions.

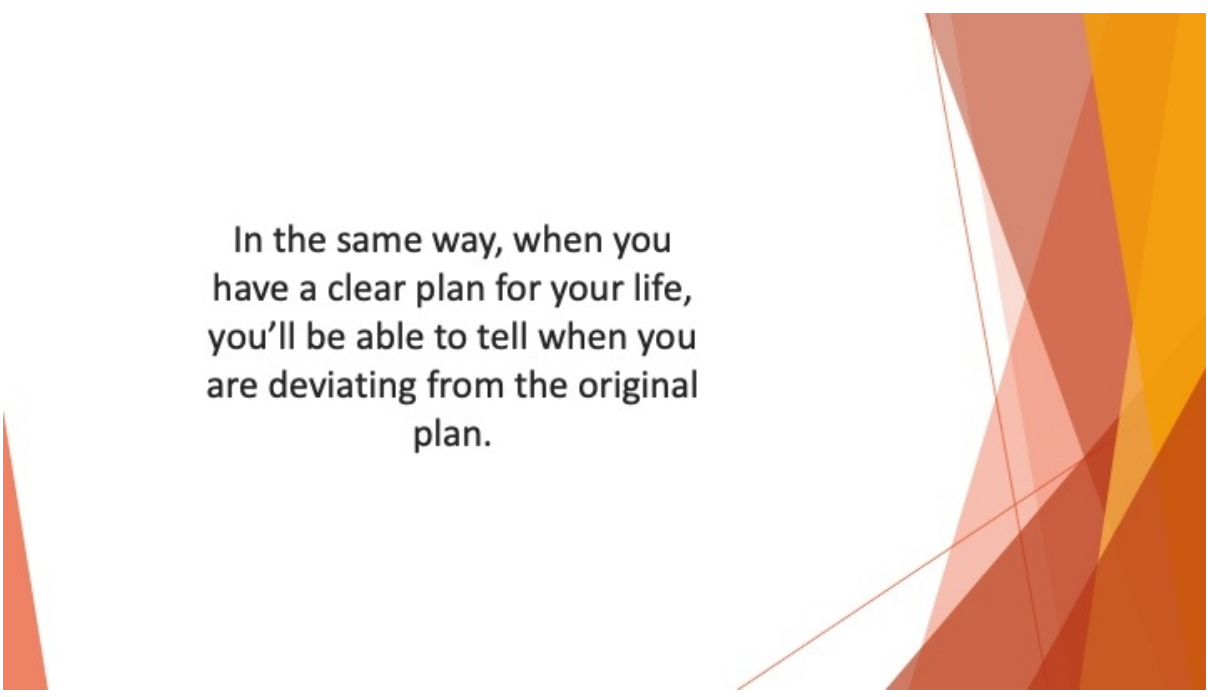
S22 : Identification of Distractions

It's when you know where you're going and what you need to do that you can be able to identify potential distractions. For example, when you are playing football, the aim is to score against the opponent and prevent the opponent from putting the ball in your net.




Anything that prevents
you from achieving
these two objectives
isn't worth it.

S23 : Anything that prevents you from achieving these two objectives isn't worth it.



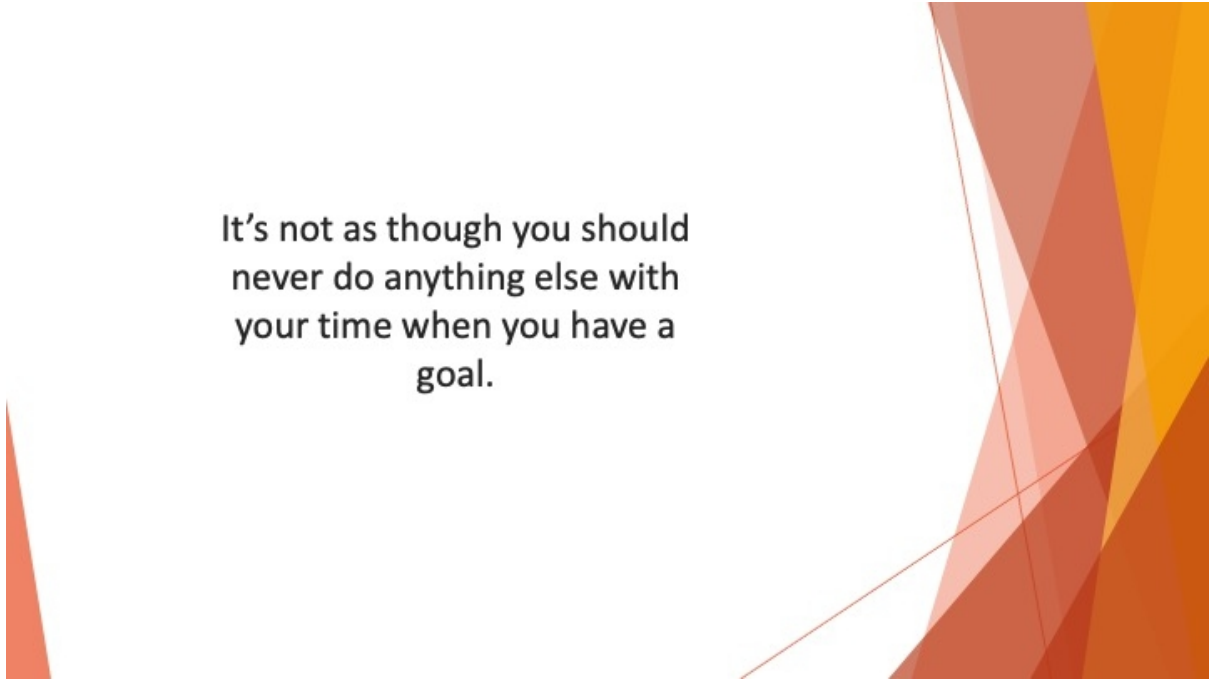
In the same way, when you
have a clear plan for your life,
you'll be able to tell when you
are deviating from the original
plan.

S24 : In the same way, when you have a clear plan for your life,
you'll be able to tell when you are deviating from the original
plan.



You cannot plan to become a
successful real estate agent, and
you spend most of your time
reading about the latest fashion
trends.

S25 : It's a disaster when an individual is already going astray,
and he or she cannot tell. You cannot plan to become a
successful real estate agent, and you spend most of your time
reading about the latest fashion trends.



It's not as though you should
never do anything else with
your time when you have a
goal.

S26 : How is that supposed to contribute to your target? It's not as though you should never do anything else with your time when you have a goal. Still, you need to devote quality time to your primary assignment.

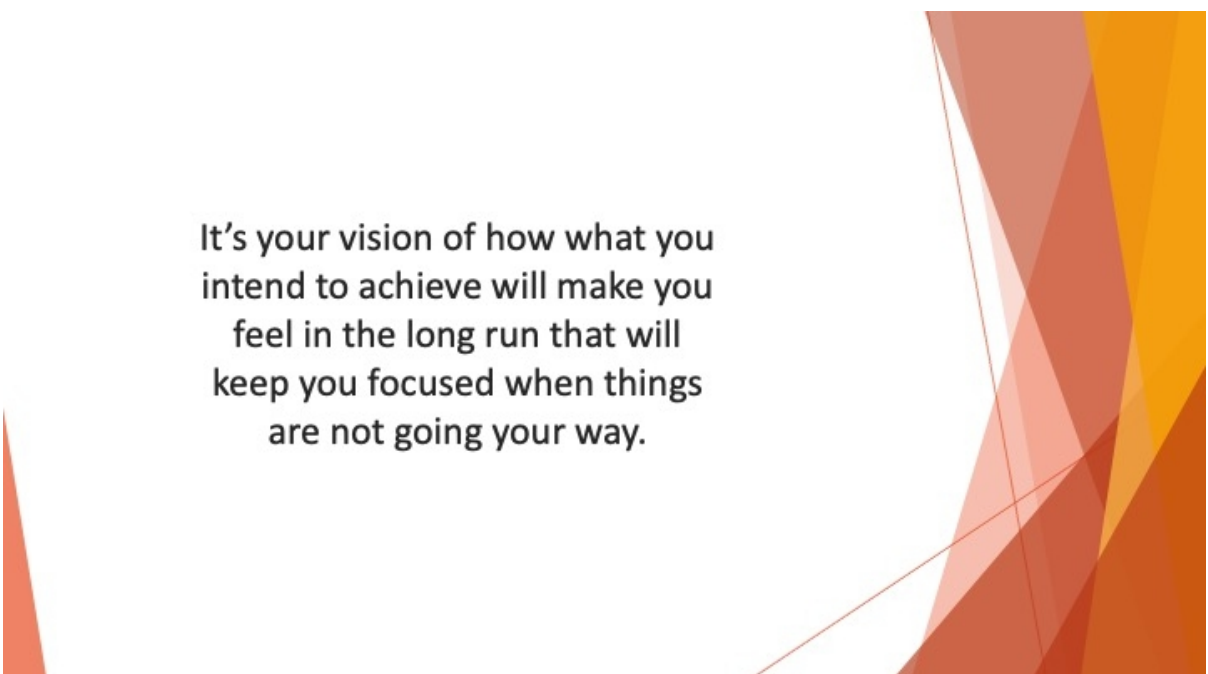


Resilience

You can only stay strong and keep pushing when you are sure that what you want to achieve is worth it.

S27 : Resilience

You can only stay strong and keep pushing when you are sure that what you want to achieve is worth it. When you're not convinced that what you are trying to attain will give you the ultimate satisfaction at the end of the day, you'll break down at the slightest sight of a storm.



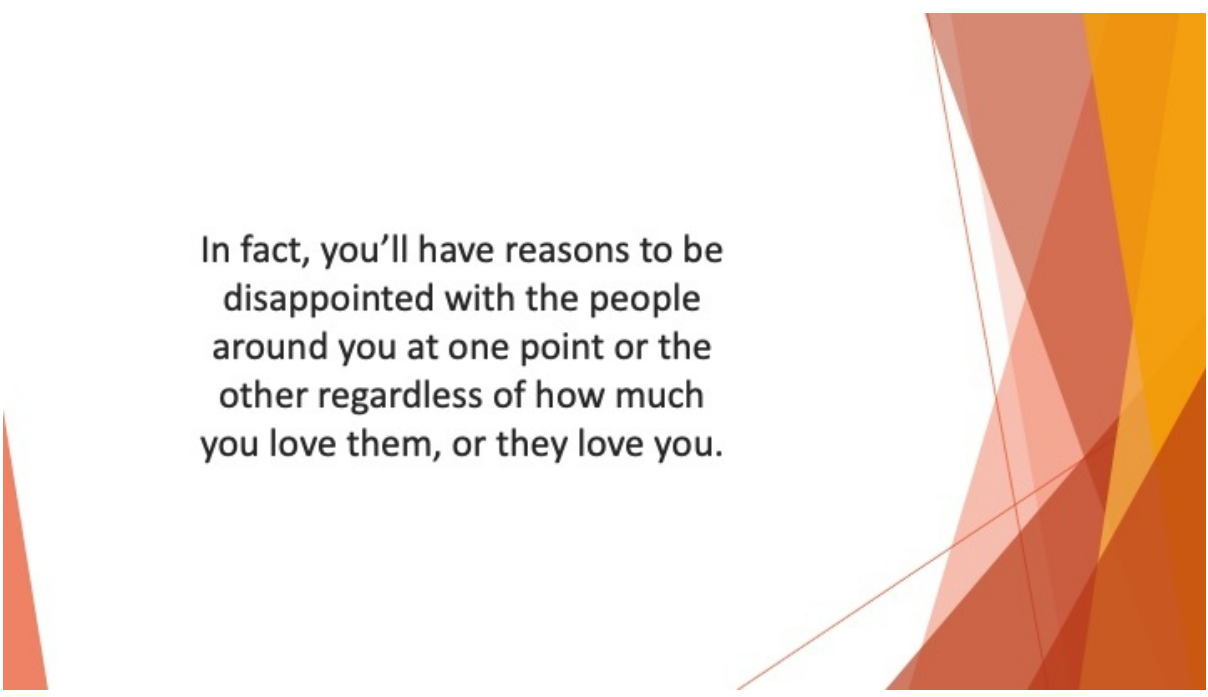
It's your vision of how what you
intend to achieve will make you
feel in the long run that will
keep you focused when things
are not going your way.

S28 : It's your vision of how what you intend to achieve will
make you feel in the long run that will keep you focused when
things are not going your way.

Every career path has its
unique challenges.

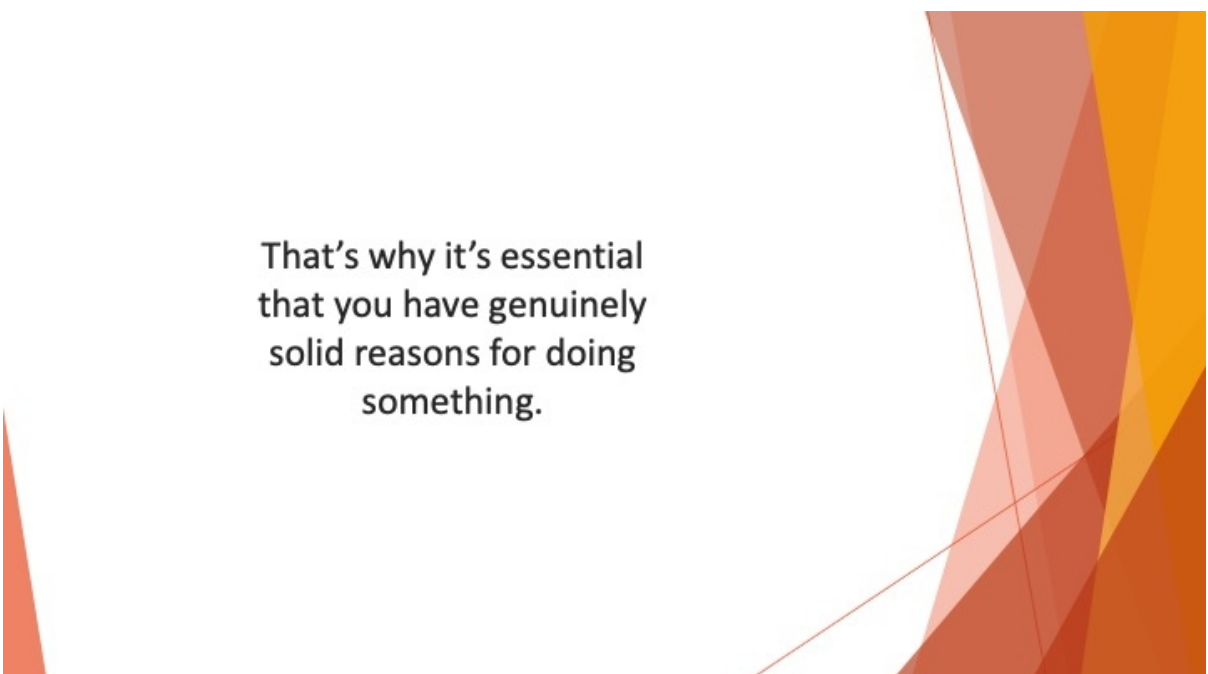


S29 : Every career path has its unique challenges.



In fact, you'll have reasons to be disappointed with the people around you at one point or the other regardless of how much you love them, or they love you.

S30 : In fact, you'll have reasons to be disappointed with the people around you at one point or the other regardless of how much you love them, or they love you. What will keep you going during those turbulent days is the reason you decided to venture into the endeavor in the first place.



That's why it's essential
that you have genuinely
solid reasons for doing
something.

S31 : That's why it's essential that you have genuinely solid reasons for doing something.



Compassion

You don't only need
compassion for others; you
also need it for yourself.
You'll fall at some point
because no one is infallible.

S32 : Compassion


You don't only need compassion for others; you also need it for yourself. You'll fall at some point because no one is infallible.

When you start out with clarity, you'll also realize that it is possible to make mistakes at some point.

You would have also
planned what you will do in
case that day comes.




S33 : You would have also planned what you will do in case that day comes. When you don't plan ahead to forgive yourself and others, you'll struggle to do so when things go bad.



Plan ahead to overlook your
flaws and forgive yourself to
give yourself the impetus to
start over again or continue
when you fail.

S34 : Plan ahead to overlook your flaws and forgive yourself to give yourself the impetus to start over again or continue when you fail. Life doesn't always go in the direction of your plan. You should have positive expectations.



Still, if things are always
going on smoothly, you
need to check what you
are doing.

S35 : Still, if things are always going on smoothly, you need to
check what you are doing.

It is likely that you are doing
less than your ability.



S36 : It is likely that you are doing less than your ability.

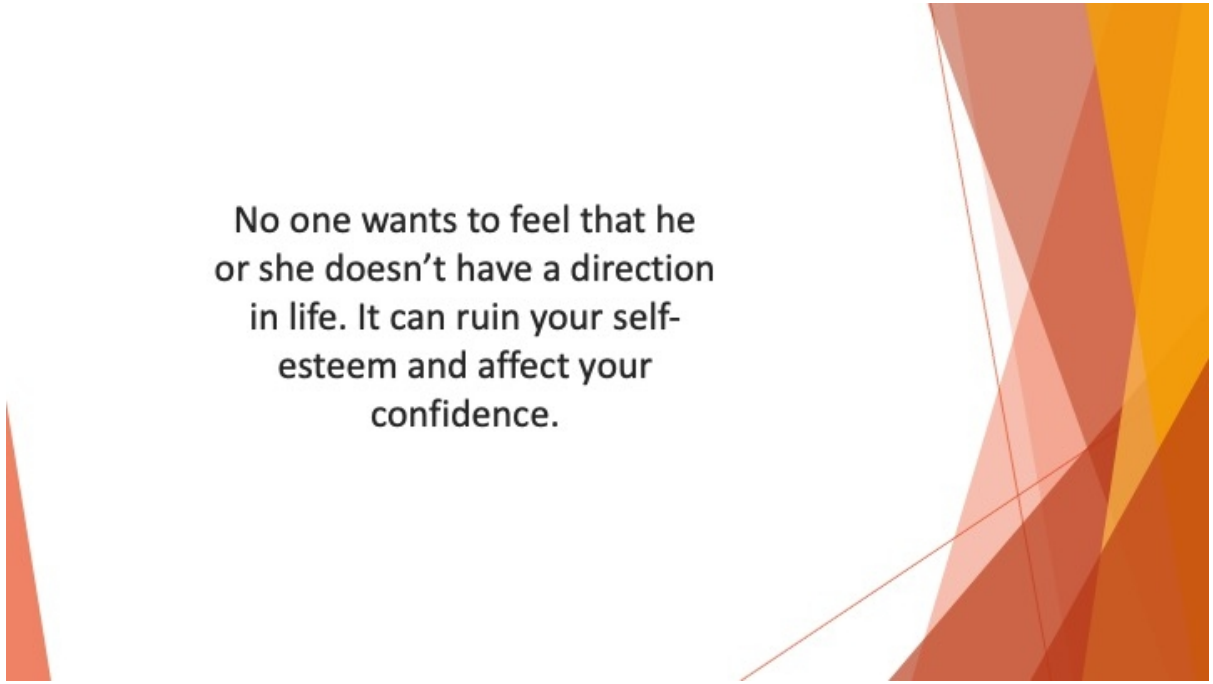


Positive Self-Image

A clear view of how you want to proceed makes you feel good about yourself.

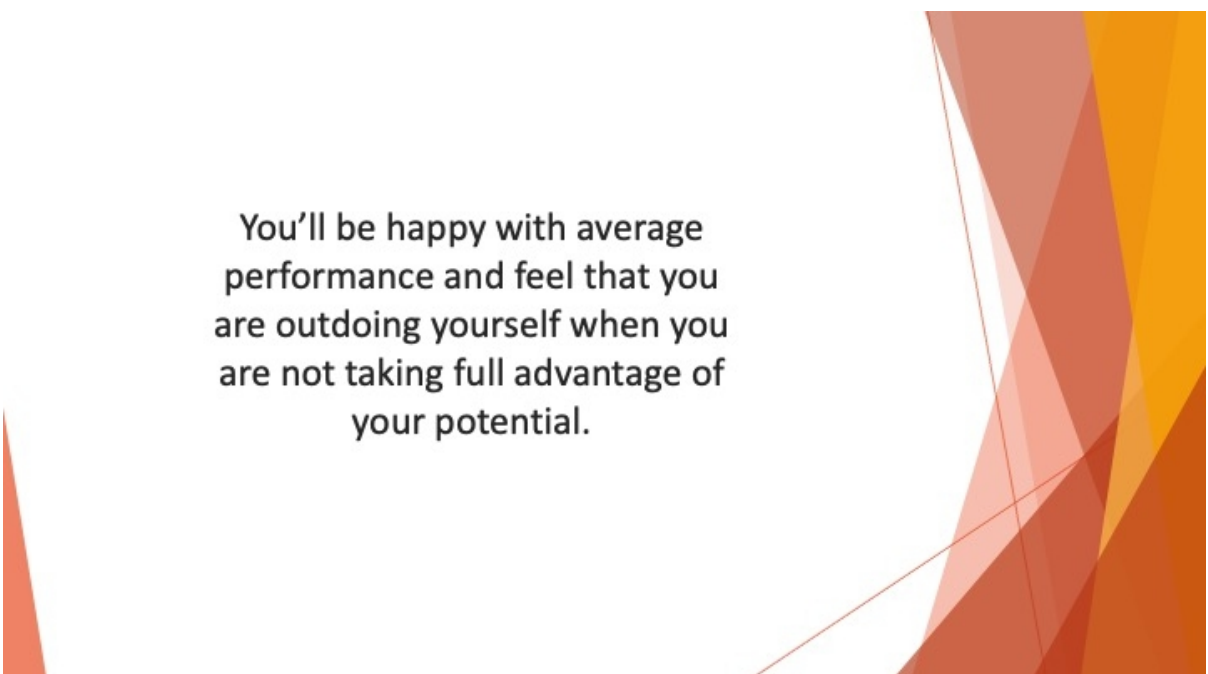
S37 : Positive Self-Image

A clear view of how you want to proceed makes you feel good about yourself. It gives you the impression that you're in control and taking responsibility for your life.



No one wants to feel that he or she doesn't have a direction in life. It can ruin your self-esteem and affect your confidence.

S38 : No one wants to feel that he or she doesn't have a direction in life. It can ruin your self-esteem and affect your confidence. Meanwhile, low-self-esteem will make you settle for less than you deserve.



You'll be happy with average performance and feel that you are outdoing yourself when you are not taking full advantage of your potential.

S39 : You'll be happy with average performance and feel that you are outdoing yourself when you are not taking full advantage of your potential.


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Indeed, you should have a realistic evaluation of yourself.



S40 : Indeed, you should have a realistic evaluation of yourself.

Still, you shouldn't settle for just anything that comes your way in life.



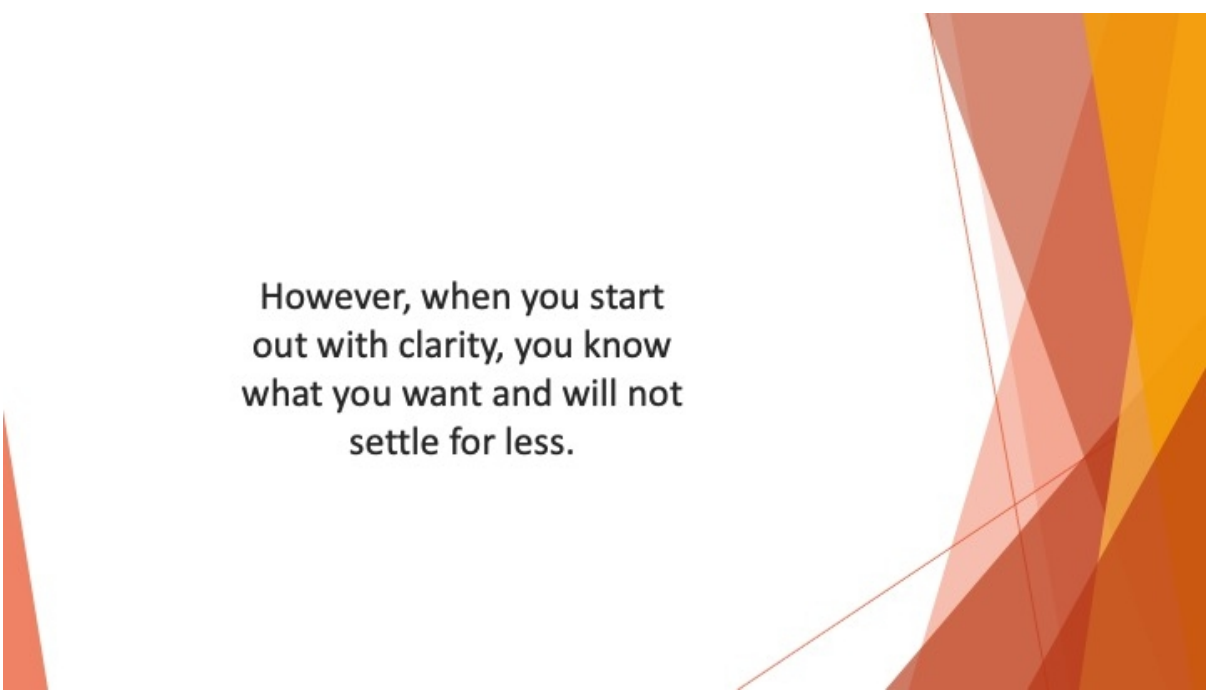
When life doesn't
give you what you
want and deserve,
refuse to take it.

S41 : When life doesn't give you what you want and deserve,
refuse to take it. Stage a comeback and demand what you
deserve.

Of course, it is easier
said than done.



S42 : Of course, it is easier said than done.



However, when you start
out with clarity, you know
what you want and will not
settle for less.

S43 : However, when you start out with clarity, you know what
you want and will not settle for less.