ESSENTIAL QUESTION: How a “Hi Level” Mindset Helps You Realize Your Potential

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| Question/Key Ideas | Notes |
| ***How you handle lifetimes, trying times, or life tests – can determine your destiny?***  ***Always be intentional with your desires. What does high level mean to you?***  ***Mastering the art of discipline can change your life.***  ***Remove Negative People.***  ***“We plan and God laughs.”***  ***How will you maximize your time on Earth?*** | Remain positive.  Misfortunes can make triumph stories a lot better (motivation).  Life is like a book - not every chapter of life will be perfect.  It’s about how it ends.  Know exactly what you want.  Create a vision board.  Write down your goals, reading it out load everyday.  Can translate into faith, faith in your ability, faith in yourself, faith in the higher power.  Discipline = Excellence  Any body who has done something noteworthy in their lives have discipline in common.  Your habits are based on your habitat.  Main product of your habitat = people in your life.  Semi-doubtful/naysaying people = get rid of them.  Block them from your phone, social media etc.  Don’t let someone else’s negativity cancel your light.  You are the product of who you hang around = hangout with positive and high-level individuals.  High-level mindset is not a recipe for perfection = commitment to honor your potential and what you have to offer the world.  Small failures shouldn’t make you lose sight of your bigger picture.  Leaving a legacy long after you’re gone.  High-level mindset = everything you put your hands on; doing it at the highest level you are capable of doing.  Life is like a book – how do you want your story to end? What ifs or leaving a legacy? |

Ted Talk – How a “Hi Level” Mindset Helps You Realize Your Potential | Cordae | TED ([(114) How a "Hi Level" Mindset Helps You Realize Your Potential | Cordae | TED - YouTube](https://www.youtube.com/watch?v=x9Ezzxy0frA))

SUMMARY:

We are all capable of achieving a high-level mindset and realizing our true potential. Being intentional by writing down our goals and reading them everyday can lead to a mindset that creates faith. Faith at a higher level (God), faith in our abilities and faith in ourselves. Having the correct discipline and removing negative people from our lives can help us create a high-level mindset. We become the product of those we hangout with, so it is wise to hangout with high-level and positive individuals. Life is not going to be perfect; we need to stay motivated and move beyond the trials and misfortunes of life because it’s all about how you want your life to end. Do you want to leave a life that has a bunch of what ifs in it or do you want to leave a legacy? For myself; I would like to leave a legacy behind after I depart from this life/world.