

Today, we embark on an inspiring journey to harness the mind's potential through the power of intention, drawing inspiration from Dr. James Doty's book, "*Mind Magic: The Neuroscience of Manifestation*," and using Simone Biles' remarkable story at the Tokyo 2020 and 2024 Olympics as our guide. We will explore how setting clear intentions can transform our lives, framing this exploration within the Hero's Journey narrative.

Simone's Hero's Journey began with her Call to Adventure when she chose to withdraw from several events at the Tokyo 2020 Olympics, prioritizing her mental health. She Crossed the Threshold by redefining success on her terms, faced Tests and Allies as she dealt with public scrutiny and self-doubt while receiving support from her team, experienced The Ordeal of competing at the Paris 2024 Olympics while honoring her intentions, and finally reached her Reward and Return by winning medals and, more importantly, staying true to herself.

As we explore each stage, I invite you to reflect on your journey. Have you felt a call to step out of your comfort zone? Is there an area in your life where you are drawn to "*Cross the Threshold*"? What tests have you faced, and who are your allies? Think about a significant challenge you have overcome - how did your intentions help you navigate that ordeal? When have you stayed true to your intentions, and what rewards did you gain?

The *Call to Adventure* can take many forms, such as the Desire for Growth (expanding knowledge or skills), purpose (finding deeper meaning), freedom (breaking free from limitations), connection (seeking deeper relationships), adventure (craving new experiences), healing (overcoming past traumas), success (achieving personal or professional goals), change (transforming one's life), creativity (expressing oneself through art or projects), and Impact (making a difference in the world).

*Crossing the Threshold* might involve starting a new career, beginning a new relationship, ending a toxic relationship, pursuing higher education, or starting a creative project. As we embark on this journey, we often face fears and doubts, including fear of failure, rejection, inadequacy, change, uncertainty, criticism, vulnerability, success, loneliness, and disappointment.

However, the rewards of completing the Hero's Journey are profound. They can include personal growth, wisdom, inner peace, empowerment, renewed purpose, stronger relationships, success and achievement, gratitude, increased courage, and leaving a legacy.

To set compelling and actionable intentions, follow these five steps: 1) Get Crystal Clear by defining exactly what you want, 2) Align with Your Core Values to ensure your intentions resonate deeply with what matters most to you, 3) Visualize the Outcome to prime your brain for success, 4) Break It Down into smaller, manageable steps, and 5) Commit and Stay Consistent by taking consistent action and sticking to your plan.

I invite you to take what we have discussed today and apply it to your own life. Set one clear, powerful intention that genuinely matters to you. Break it into actionable steps, visualize your success, and commit to daily consistent action.

In conclusion, like Simone Biles, we are all on our own Hero's Journey, filled with challenges, choices, and moments of transformation. We can achieve incredible things by setting clear intentions and aligning our actions with our deepest values. Remember, the journey is not always easy, but we find our authentic strength in these moments of challenge. Go forth, set your intentions, and watch how your life transforms. The world is waiting for the hero in you to shine.

Affirmation: "*Each step I take, guided by intention, leads me closer to my goals and my true potential.*"

