



Growth Only Comes When You Transform, by Tony Robbins

Ultimately, the only way to be fulfilled is to constantly grow and to contribute in a meaningful way to other people, to the world. And in order to grow, all of us have to be willing to let go of our fear and let go of who we are, and we've got to set standards and we've got to challenge ourselves. What makes people leaders in life is their willingness to say, 'Raise your standard. Demand more from yourself.' That's what all leaders of any sort do: They call people to a higher standard. I think that causes people to grow. [...] Growth does not come from having an intellectual discussion with yourself. Growth only comes when you transform. And you must take that growth and convert that to something meaningful so that the world becomes better, so that the heaven on earth that we were talking about earlier actually becomes a possible reality -- and I think it ultimately will. It already is for many people. It's just a matter of making your peer group become humanity instead of your peer group being a small number of people that you have influence over or impact on in your lifetime. [...] I think that anything we can do to more thoroughly understand how we function as human beings, what really drives us, and how we can utilize that understanding to be better human beings and better spiritual beings, is definitely a part of our evolution. And I think it has to happen rapidly because our technology is multiplying in its capacity and its strength and its diversity more rapidly than our technology for the management of human emotion, which is what drives all human action. And I think that's the part that has to be focused on. We need to develop the emotional and spiritual muscles to deal with whatever challenges show up. --Tony Robbins, from an interview, "Excellence is not enough"