

# The Best You

Define your breakthrough.

By David C. M. Carter

blog



The most important choice of your life is to choose to be—and then become—the best version of yourself: daring to dream about the [best version of yourself](#) and then making that dream come true. Daily, in all you do, you face choices. You must constantly ask: Which choice will help me become the best version of myself?

In my 17-year quest to understand my potential and become a better version of myself, I now see that the things that I need to know and do are simple. I've identified **six spokes** that make the *Wheel of Life*: *spiritual, physical, mental, emotional, professional, and personal*. Often, with a slight correction, we can end up in the stars!

However, we need to keep in mind **three problems**: 1) too often we're not aware of this short breakthrough list; 2) evaluating the key items on our personal list can be hard for us, as fear of the unknown kicks in; and 3) even when we do know what all or some of the items on our list are, [we don't devote enough time](#) and energy to putting the list into practice. Basically, we're too busy (or lazy), and until we're enlightened, inspired, or motivated we don't think attending to the list is important enough.

We spend most of our time *living unconsciously*. We carry on just existing, not caring whether we're fully in touch with life in the way that we know that we could be. Sadly, we seem all too willing to accept repeated compromises—habitual *learned helplessness*—and disappointments in life as a matter of course.

Happiness is our natural state. *Setbacks* enable us to show our strength of spirit—by seeing them as *opportunities* to learn and grow. At times, we delegate to others—advertisers, personalities, celebrities—the responsibility we should take for *being the best version of ourselves*. This does not mean fitting into patterns or molds. It means acknowledging and embracing our uniqueness.

[Your career is meant to be exciting](#), and you are meant to achieve all the things you dream of accomplishing. Your relationships with family and friends are meant to be filled with joy and happiness. You are meant to have all the resources, financial and otherwise, you need to live a full, wonderful life. [You are meant to live your dreams](#). If you want to see the world, you are meant to travel. If you dream of

building a business, you are meant to start that business—and succeed at it. If you want learn to sing or play golf or study a language, you are meant to do these things. If you would love to be a musician, doctor, gardener, inventor, performer, or parent, you are meant to be it!



Video

[You direct and define your breakthrough!](#)

All breakthroughs involve dreaming a dream and then making it real. All arise from the fact that you love yourself enough to believe you deserve the chance to make the breakthrough come true, and have the ability to gather and direct your energies so that it does. Your breakthrough is the highest and most potent expression of who you are and of your love for yourself. Your ability to decide what breakthrough you want to make, and then to engineer it so that it happens, is the most potent proof you can show other people, the world, and yourself that you are the architect of your own life. Your breakthrough and how you make it happen, is indeed the key to understanding your life and what you think of yourself.

**Breakthroughs are possible in every area of your life.** *People who say they are fine with the way they are, delude themselves.* They've just become used to, or settled for, a *less-than-optimal life*—they're in a dysfunctional, non-satisfying comfort zone. It ultimately comes down to *self-worth*. However, the first step to prove to yourself that you are worth achieving your potential and reaching your goals is simply taking the first practical step on the journey of becoming your best version. As Nike says *Just Do It!*—and then see how great you feel that you have acted and with the results.

In practice, you have your own definition of *success* and *happiness* and *being the best version of yourself*. So, a *breakthrough* is a personal thing. To one person, it means finding a cure for cancer; to another, it's finding time to attend a yoga or gym class.

Daily you are bombarded with offers, all of which promise: [This will make you happy](#). But the happiness delivered by these goods and services—once purchased—is fleeting and illusory. Whatever *it is*, it's not for sale, nor can others bestow *it* on you. Whatever *it is*, *it exists inside you!* Perhaps you've never searched for it. Only you can decide to conduct that search within—to start the journey toward becoming the best version of yourself. **PE**



David C. M. Carter, author of [BREAKTHROUGH](#), is donating his US profits from the sale of the book to create "The BREAKTHROUGH Project," designed with Billy Zane (known for *Titanic*) to teach students to be great leaders. Visit [Gina Rizzo](#)  
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