Nick Vujicic: Life Without Limits

“I do believe my life has no limits. I want you to feel the same way about your life; no matter what your challenges may be. As we begin our journey together, please take a moment to think about any limitations you’ve placed on your life or that you’ve allowed others to place on it. Now think about what it would be like to be free of those limitations. What would your life be if anything were possible?” –Nick Vujicic, from his book Life Without Limits

Three years ago during my freshman year of college, I stumbled across this incredible motivational speaker on YouTube. His name is Nick Vujicic, an Australian man born with no arms or legs. As he grew up, he struggled with his differences and wondered what his purpose in life truly was.

He found the road to the purpose of his life by reaching out to a classmate who may have been new or did not understand that being physically disabled did not also mean that he was mentally disabled. He realized that his purpose was to speak about his experiences and inspire people to make their lives and the world better. Once he found his purpose, he found the confidence to do what he dreamed despite the challenges that faced him.

In his book, Life Without Limits, he writes about his life and several attributes that he found that gave him a life without limits:

- A powerful sense of purpose
- Strong Hope
- Faith in God [He was raised by a very Christian family and he is also an evangelist.]
- Love and self-acceptance
- Attitude with altitude
- A courageous spirit
- Willingness to change
- A trusting heart
- Hunger for opportunities
- The ability to assess risks and to laugh at life
- A mission to serve others first
One of the attributes that I found to be the most striking was about risks. There are times where you just want to stay in your comfort zone because you feel like the risks wouldn’t be worth it. Without any risk, you really do not live and grow. The key to risks is to be able to manage and minimize them. Nick Vujicic came up with several rules for managing risk.

- **Test the waters**- do a little test before making the ‘big move.’ Don’t rush in without a good sense of what you are getting yourself into

- **Go with what you know**- understand what you are doing and know every aspect about it so you can have the confidence to move.

- **Check the timer**- Don’t be afraid to sleep on an idea and be patient. Consider your timing and see whether there might be a better time before you make a move on an opportunity.

- **Get a second opinion**- If you find yourself rushing into a complicated decision, talk to a mentor/friend you trust and ask for help in assessing the situation. Someone from the “outside” may bring a new perspective to you that you may not have thought of due to your emotions.

- **Prepare for the unseen consequences**- Prepare for the unexpected. Life has a way of bringing surprises, but being able to prepare for possible repercussions as well as recognizing that more could come is incredibly important.

In terms of Nick Vujicic’s book, I certainly recommend it. It is an excellent read and very insightful for personal and professional qualities. I found that I could apply his lessons in all sections of my life: personal relationships, Rotary, and my academics. It is not a long book (about 230 pages) and I found it to be a quick read.

My personal favorite role that Nick Vujicic has is his motivational speaking to students. He uses his disabilities, his own life experiences, and humor to connect with the students. He understands the students who do not know how to fit in or may have gotten to the point where they do not know if life is worth living anymore. He talks about when there are storms in life and how you need to get back up when you fall. He tells these students to be positive and think about what you are thankful for.

This struck a chord in me in two ways. Through my work with RYLA, I have helped students through various struggles including depression, anxiety, family problems, and other adversities. Nick’s words were accurate to what the students were feeling and I believe that all students should listen to him. It also helped me understand my students and what they were feeling. I have not experienced all that they have, but I know that I can try to help provide clarity and assistance to them. I am lucky for the role that I have in RYLA and being able to learn to understand and inspire students the way that Nick Vujicic does.
In the second way was in my own personal life. When I stumbled across Nick’s videos, I was deep in a whirlwind of anxiety and depression. I had struggled with some bullying from classmates coupled with my lack of ability to properly communicate due to fear of confrontation. I was young, immature and vulnerable in the college world. When I watched the first video, I was inspired and continued searching more information about him for hours. I dealt with my pain and fear through his words. Upon seeking help and finding myself to be happy and healthy now, I am thankful for stumbling across his message and learning more about who I am along the way.

Now, I share my own story with my students and hope that sharing my experiences will give them courage to share their own and to grow the way that I did three years ago. I hope that I could bring to my students what Nick Vujicic brought to me.

Videos:

http://www.youtube.com/watch?v=Gc4HGQHgeFE
http://www.youtube.com/watch?v=X_XW6Y-K3QE

Notable Quotations:

"It's very hard to smile sometimes in life. There are things that happen that you don't know and you don't understand and you don't know if you are going to get through it. You know you go through your storms in life and you don't know how long the storm is going to be."

“It’s a lie to think you are not good enough. It is a lie to think that you are not worth anything.”

“So what do you do when you fall down? You get back up. Everybody knows to get back up because, if you keep walking, you aren’t going to get anywhere.”

“There are sometimes in life where you fall down and you feel like you don’t have the strength to get back up. Do you think you have hope?”