This is from a passage in the book, "The Culture of Heart and Multimedia," (p.227).

It comes from a recording of Hyo Jin Nim speaking to his team, giving basic advice on the mission to reform arts and entertainment.

The occasion was simply Hyo Jin Nim speaking, but in this instance he listed his points. Hyo Jin Nim's actual discourse begins beside the book cover picture. I summarized an extract of his explanation into the numbered list immediately below.

1. Acknowledge your responsibility, bear the cross
2. Know your personality and potential
3. Connect with ever more people, analyze how to help them as much as possible, give people tangible assistance
4. Check if you are living for others or for yourself, organize our thoughts every day
5. Do your best every day, compare the best of yesterday with the best of today
6. Be one with God, deny yourself
7. Always seek to do more
8. Never give up

First, you must acknowledge your responsibility as a person who has met True Parents and accepted the Principle and you must deeply understand your responsibility. You should not evade the cross that you bear. You can get beyond the challenge of the cross only when you take it up and carry it. You become a winner only when you bear the cross yourself. By avoiding the cross, you can never make it disappear.

Second, in order to fulfill your responsibilities, you need to know what personality and potential you have; you need to know the individual truth incarnation that God gave you, that is, what your best strength is. You have to find what the best is in you. No one teaches you about it. You have to find it yourself. It is not easy to find it. True Father calls it absolute faith to find "what the best is in me" that God has given you.
Third, through your personality that God has given you, you must find a way to connect with more people in your life and analyze how you can help them as much as possible in the short time you have with them. Working for the sake of God's Will means you need to have the concrete ability to give people tangible assistance, even if it is in only one field. You need to investigate how to do as much as you can in the time available.

Fourth, you have to check whether you are living for others or for yourself. In this world, people do not have faith in each other. People in this world do not want to give each other their best. In such a world, we must organize our thoughts every day and start a new life in order to eliminate the doubts of our counterparts and the masses with our own conclusion, "This is the best I have made!"

Fifth, if you have made a choice saying "This is the best way to live for others from now on!", then you should do your best every day and compare the best of yesterday with the best of today. If you did not do better than yesterday, you should analyze the cause and think about ways to do better. You should never go to bed without the determination that you can do better tomorrow than today.

Sixth, you always have to think, "If I want to pursue my best while living for the sake of others, what is my ultimate goal?" Father says that the ultimate goal in living for the sake of others is to unite your mind and body, that is, complete your individual perfection, which is another way of saying you should live in such a way that you can be one with God. In order to unite your mind and body, you should always check to make sure you are living a life in which you deny yourself.

Seven, there must always be a new purpose in life. Even if you have reached your goal, you should always avoid the margin of satisfaction. You have to break your limits and then continue to expand the content of your breakthroughs. Satisfaction is the biggest toxin for those seeking the best, so you should always seek to do more and more.

Finally, (eight) the most important thing is not to give up, no matter how hard the reality is. So Father always says to me to be strong and bold. Even if there is a pit or a cliff in the way, you should not give up. You should not be afraid of adventure. There will be God's protection for those who live their daily lives in this way.