“Since so much of good science- and perhaps all of great science- has its roots in fantasy, I suggest that you yourself engage in a bit right now. Where would you like to be, what would you like to be doing professionally ten years from now, twenty, fifty? Next, imagine that you are much older and looking back at a successful career. What kind of great discovery, and in what field of science, would you savor most having made?

I recommend creating scenarios that end with goals, then choosing ones you wish to pursue. Make it a practice to indulge in fantasy about science. Make it more than just an occasional exercise. Daydream a lot. Make talking to yourself silently a relaxing pastime. Give lectures to yourself about important topics that you need to understand. Talk with others of like mind. By their dreams you shall know them.”

– Edward O. Wilson, Letters to a Young Scientist