

# Unleash Your Full Potential

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#### STOP DOING:



- Making excuses
- Waiting
- Shortcutting
- Procrastinating
- Being afraid
- Accepting negativity



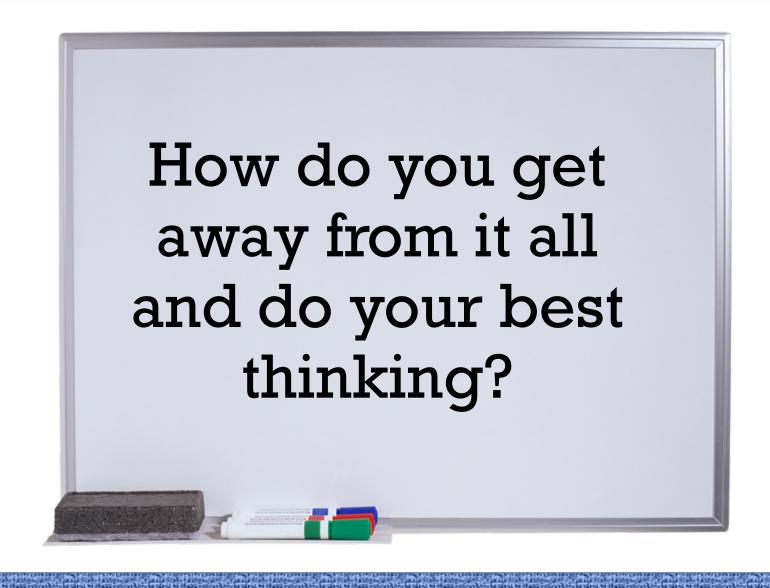
## 1. Dreaming & Believing





"The dreams and passions stored within our hearts are powerful keys which can unlock a wealth of potential."

John C. Maxwell



# 2. Choosing Optimism

- Attitude
- Celebrate small wins
- Gratitude
- Practice appreciation



#### 3. Embrace Your Fears

- Set your intention
- Feel your fear
- Offer comfort
- Repeat daily





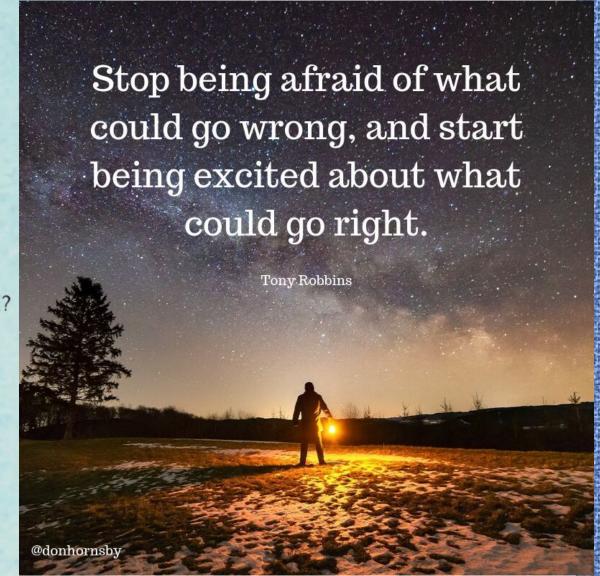
# COURAGE OVER COMFORT

#### CHECK-IN:

- HAVE I DONE ANYTHING LATELY THAT SCARES ME?
- HAVE I TRIED SOMETHING RECENTLY AND FAILED?
- DO I STEP OUT OF MY COMFORT ZONE?

... IF NOT, YOU'RE PROBABLY PLAYING IT

TOO SAFE.



#### 4. Learning & Growing





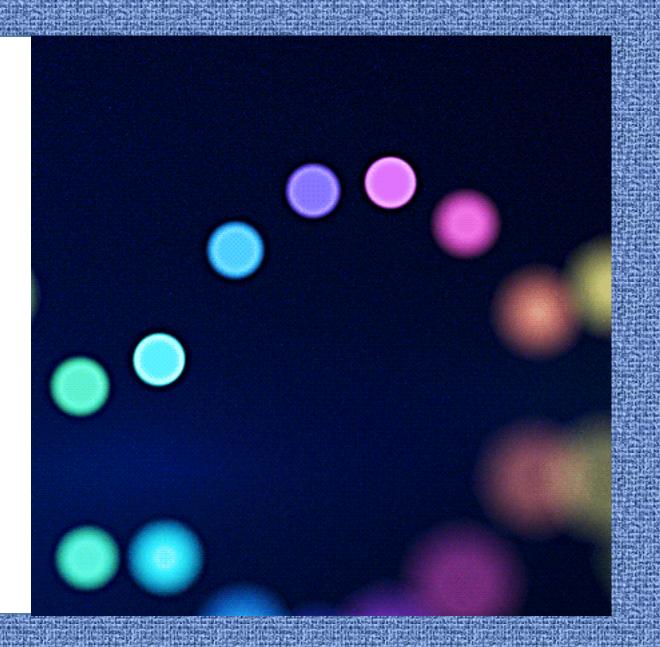
### 5. Setting Goals

- 1. SMART
- 2. Stretch goals
- 3. Action Plans
  - a. Resources
  - b. Supporters
  - c. Obstacles



### 6. Taking Action

- Work plan
- Failure = Feedback
- Accountability partner



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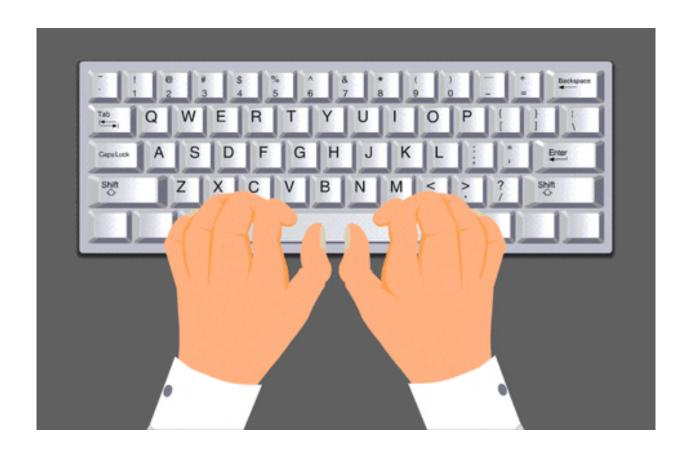
#### START DOING:

- 1. Dreaming & Believing
- 2. Choosing Optimism
- 3. Embracing Your Fears
- 4. Learning & Growing
- 5. Setting Goals
- 6. Taking Action

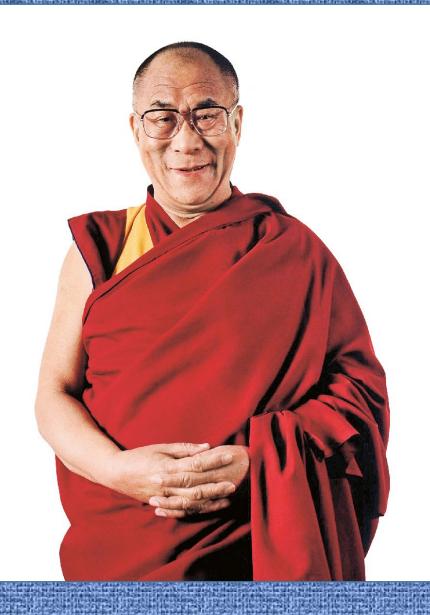




# Takeaways







"With realization of one's own potential and self-confidence in one's ability, one can build a better world."

Dalai Lama

# COACHING & CONSULTING

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