

Explore and reach for your potential

July 2016 Newsletter



Do you feel like you're living up to your potential? Are you enjoying all the success you think you can achieve? Or...

- **Do you feel trapped?** Are you stuck in old routines that are no longer working for you? Do you think "I can't", "I shouldn't" or "I'm not good enough"? These negative self-messages can wreck your confidence and keep you from moving ahead.
- **Are you holding on to security?** Many of us settle for situations that feel safe – even if they don't make us happy. It can be scary trying new things. Even so, we need to take reasonable risks to test our limits and expand our possibilities.
- **Do you need to be more resilient?** People who reach their potential don't often get there easily or by accident. It's usually the result of the "try, try again" attitude. If you give up easily when faced with setbacks, building resilience can help you refine your approach and keep trying.

If you have a sense you could do, achieve and enjoy more — it may be time to explore your potential.

What are your untapped talents and dreams?

Potential is about your capabilities and desires. You can have unused or under-used abilities in many areas including:

- Hobbies and sports
- Jobs and relationships
- Growth and self-satisfaction

Living up to your potential doesn't mean becoming a superhero or superstar. It means becoming a super-you.

How can you discover your potential?

Only you can unlock your potential. Need some help identifying your inner strengths and interests? Try this quiz for clues¹:

1. Growing up, what did you love to do?

2. What makes you come alive?
3. Who do you most like being with?
4. What do you secretly dream about doing in your life?
5. What would you love to do all day if you didn't have to earn a paycheck doing it?
6. When was the last time you jumped up out of bed excited to tackle something? What was it?
7. How do you think you could make the world better?

What to do next

Did these questions spark some ideas? Did they remind you of interests you've pushed aside or put on hold? If so, here are some tips on what to do next:

- Try some new activities that really interest or excite you
- Spend more time or reconnect with someone you like to be with
- Join groups – like hiking, biking or reading – that focus on activities you enjoy
- Find a mentor to guide and support you
- Write about your wishes, ideas and experiences in a journal or diary
- Get counseling to delve further into your interests or explore what might be holding you back from pursuing your potential
- Read about potential: You can find books in the library, bookstore or online under "self-discovery" and similar topics

Remember, you're one-of-a-kind. Add more enjoyment to your life by learning about your unique potential and pursuing what makes you happiest.

¹www.manifestyourpotential.com