

Chapter 7. Realizing Your Ultimate Potential



REALIZING YOUR ULTIMATE POTENTIAL

FOLLOWING YOUR HEART LEADS TO REALIZING YOUR POTENTIAL.

*“The philosopher is Nature’s pilot – and there you
have our difference; to be in hell is to drift,
to be in heaven is to steer.”*

– George Bernard Shaw

Realizing Your Ultimate Potential

There is little in life that is as important as becoming who you really are. To spend your life avoiding, resisting, or neglecting your own potential is to spend your life fighting your *Self!*

We all fear ridicule and failure, or worry about what spouses, children, or friends will think if we make any deep or serious changes in our life. However, in order to realize your full potential you have to face these fears and go beyond them.

The questions to ask yourself are, “Do you want to spend the rest of your life with someone who doesn’t want you to be the best and most you can be? Are you willing to sacrifice your future on the altar of fear? Are you preventing your spouse or child from doing what they would love to do – or are you in full support of their dream?

If you *are* supporting their dream, why isn’t yours just as important?” One thing is certain, if you keep doing what you’ve always done, you’re going to get what you’ve always gotten.

When thinking about your own potential, be aware that the unfolding of this potential is often a series of zigzag steps and stages, each one unfolding into the next. A mother of three young children developed an interest in sewing her children’s clothing and went to take a sewing class. A few years later she started an alterations business, then went into dressmaking. Next she began making curtains and quilts for others, which led to a small interior design business, and

eventually to becoming a design engineer for one of the Big Three car companies putting together car interiors.

Realizing your potential is not like a “get rich quick” scheme. It is more like a “get rich slowly” approach to deepening who you are. It’s not really easy to unearth your potential because you have to make permanent changes in your ideas about how life should be, your attitudes toward others, the way you handle your emotions, and your willingness to take responsibility for your life.

You never know where those first uncertain, even shaky, steps will lead you, but you don’t really need to know that when you start out. You just need to accept that there will be some point in the future when you will look back and see that you have new capacities, new boundaries, new courage, and a whole new worldview.

What is your potential? Although no one else can say exactly what your potential is, potential is like an acorn. Looking at the acorn you might never guess that it has the potential to become a huge, beautiful oak tree. But the acorn knows exactly what is possible for itself. Just put it in the right environment, give it a little water and sunshine, and it starts its journey without hesitation. A few years later it may already be taller than you, and in another decade, it can become a towering giant.

In the same way, you know what you would love to do. If you are like the rest of us, you have something you have always wanted to try, to experience, to do, to become. Like many people, you

probably got caught in the nets of immaturity and inexperience and have been working to make ends meet ever since. Perhaps you've been avoiding taking responsibility for yourself and have gotten into the habit of blaming other people and circumstances for the things that upset or disappoint you.

Sometimes we get the idea that work is something to “get out of” or to avoid as much as possible. This is tragic because work is a form of self-expression and your work in the world is your gift to yourself – and then to the world. You owe it to yourself to find out what you like to do, then develop that skill set, and work at it until you become proficient and can do it with passion and enjoyment. The more you like what you do, the more this energy spills over into the world with good effects in all directions.

Realizing Your Potential is a 80+-page book that will help you sprout your own acorn and unfold the *You* you've always wanted to be. It provides a window into yourself that helps you see yourself differently, think about your life in new ways, face the things you may have been avoiding, and understand who you really are. It takes you deep inside yourself for a look at the hidden You who stands in the shadows, and slowly coaxes that new person out into the light of day.

This book nurtures your ability to create a vision of your life as you would like it to be. It then guides you to set S-M-A-R-T goals, create action plans, develop disciplined mental and emotional habits, and surround yourself with coaches, mentors, and cheerleaders who will help and support your vision of a new life. ♦

Self-Assessment Exercise

Complete this self-assessment quiz to discover how well you are fulfilling your Ultimate Destiny in this area of life. The exercise will also help you discover which of our programs would be of greatest value to you, your family and your work. Select the number that best describes you and then calculate the total. The number 1 means that this pertains to you very little of the time and 5 means that this is always in your life. If a statement doesn't apply to you, circle N/A and count it as a 3.

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I regularly invest time, energy, and resources in ongoing personal growth, training, and continuing education.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I am self-motivated, self-directed and I effectively manage my time and resources.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I enjoy balance in all areas on the Ultimate Destiny Wheel of Successful Living.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I've done the work and know whether I'm D-I-S-or C on DISC profile, what I am in Meyers-Briggs categories, what my learning style and preferences are" (etc.).	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I've invested the time to learn and apply successful living skills such as: PMA, Goal Setting and Accomplishment, Self Motivation, Time and Money Mgmt, etc.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I am part of a Mastermind support group.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I have a coach.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I am able to accept myself for what I've accomplished in life so far, although I am far from satisfied with it.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I have a vision and at least general, written goals ranging from short (90 day) time frames to long (5 to 30 or more years).	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
I am clear on what I am most passionate about and how the top few aspects of that tie in with my mission in life.	<input type="radio"/> NA	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

Whatever ultimate destiny means to you, we have created programs and services that will help you discover your dreams, realize more of your inherent potential and know how to manifest your ultimate destiny!

www.RealizingYourUltimatePotential.com

[Realizing Your Ultimate Potential](#) is one of 14 interactive programs contained within the [Ultimate Destiny Success System](#) from [Ultimate Destiny University](#)

Realizing Your Ultimate Potential will help you realize more of your inherent potential in every area of your life! This interactive “how to guidebook” nurtures your ability to create a vision of your life as you would like it to be, using fun and insightful self-discovery tests and exercises. It then guides you to set goals, create action plans, and surround yourself with the people who will support your vision of a new more “actualized” life. <http://www.realizingyourultimatepotential.com>

The Program includes 12 main steps designed to help you discover your dreams and realize your ultimate success:

1. Self-Discovery Exercises that Help You Know Yourself
2. Envisioning Your Ultimate Desired Future
3. Radiating Appreciation and Flowing Positive Energy
4. Achieving What You Want—the “S.M.A.R.T.” Way
5. Getting Started: Your Action Implementation Plan
6. Keeping Your Goals in Focus through Visualization
7. Controlling the Power of Your Words with Affirmations
8. Discovering and Nurturing Your Heart's Desires
9. Finding and Growing with Coaches and Mentors
10. Creating Your Mastermind Support Team
11. Applying the Law of Attraction in Real Life
12. Continuing to Practice Successful Living Skills

Realizing Your Ultimate Potential also includes featured resources including printed and digital books, audio and video programs, seminars, workshops, webinars, teleseminars and live events from some of the top resource providers in the world.

Realizing Your Ultimate Potential is a **Treasure Chest** packed with original content, fun and insightful self-discovery assessments, Master Goals Setting Forms, and Implementation Action Planning Exercises.

Realizing Your Ultimate Potential is available as a PDF. Soon as a Digital E-book, Printed Edition, CD and webinar at <http://www.realizingyourultimatepotential.com>

