



UNLOCK YOUR FULL POTENTIAL

1. Introduction

- 1.1. Getting started can be tough without the right help.
- 1.2. Potential differs from person to person.
- 1.3. Stay focused every day

2. Commit to the process

- 2.1. You won't always feel like committing to the process
 - 2.1.1. Don't always listen to your feelings.
 - 2.1.2. Don't be too hard on yourself
- 2.2. Just go with it
 - 2.2.1. "Just go with it" is easier said than done.
 - 2.2.2. Don't get too committed to the schedule
- 2.3. Include other people
 - 2.3.1. Get a good support system.
 - 2.3.2. A good support system will keep you accountable

3. Let go and prosper

- 3.1. Let go of the past
 - 3.1.1. Past habits.
 - 3.1.2. Past relationships.
 - 3.1.3. Past jobs.
 - 3.1.4. Past trauma
- 3.2. Old habits
 - 3.2.1. Old habits can hold you back.
 - 3.2.2. Try new things to form new habits
- 3.3. Relationships
 - 3.3.1. Face hard conversations head on.
 - 3.3.2. Get closure with the other person.
 - 3.3.3. Do what makes you feel safe
- 3.4. Gaining more wisdom and understanding
 - 3.4.1. Spend more time with like-minded people

4. Pitfalls are a part of the process

- 4.1. Understand pitfalls

4.1.1. Identify the pitfall.

4.1.2. Understand why you feel disappointed

4.2. Grieve for a short time after pitfalls.

4.3. Accept the pitfall as-is

4.3.1. Don't try to change the pitfall.

4.3.2. Accept that it happened

4.4. Learn from the pitfall

4.4.1. Learn from your mistakes.

4.4.2. Sit down with a journal and write it out.

4.4.3. Pitfalls are necessary

5. Unlocking your potential is not a destination

5.1. Stop and think for a while

5.1.1. Reflect on your current.

5.1.2. Be mindful of yourself and others

5.2. Practice yoga.

5.3. Tap into your self-knowledge

5.3.1. Get to know yourself.

5.3.2. Be self-aware.

5.3.3. Learn to be in the moment

6. Use metrics to optimize you

6.1. Metrics help you improve yourself

6.1.1. Monitor with electronic tools.

6.1.2. Monitor with pen and paper.

6.1.3. Monitor weekly and monthly

6.2. Monitor daily progress

6.2.1. Breaking tasks down into small chunks makes them more manageable.

6.2.2. Check off habits and goals on your to-do list

6.3. Upgrade your goals

6.3.1. Upgrade your goals as you improve.

6.3.2. Challenge yourself

6.4. Plan everything ahead.

6.5. Consider using an app

6.5.1. Simple and easy to use.

6.5.2. Don't spend too much planning or else you might scare yourself

7. Habits begin with one small step

7.1. Every journey begins with one step.

7.2. Change your life permanently with small steps.

7.3. Make new habits easy to adopt

7.3.1. Make the new habit easy.

7.3.2. Make the new habit attractive.

7.3.3. Make the new habit obvious.

7.3.4. Make the new habit satisfying

7.4. Build up habits to make big changes

7.4.1. Make the habit harder as you grow

7.5. Have strategies for moving forward.

7.6. Reward yourself along the way.

7.7. Don't be too hard on yourself when you slip up.

7.8. Know what situations may make you go off track

8. Use the law of attraction to make your desires a reality

8.1. Like attracts like

8.2. Manifesting with the law of attraction

8.2.1. Imagine yourself accomplishing your goals.

8.2.2. Sensory visualization.

8.2.3. Vision boards.

8.2.4. Write in a journal.

8.2.5. Focus wheels

9. Define your own potential

9.1. You must define your potential for yourself

9.1.1. Potential is the capacity to transform your life.

9.1.2. Balance is key to defining your own potential

9.2. Prioritize your health

9.2.1. Cut back on drugs and alcohol.

9.2.2. Get a regular sleep schedule.

9.2.3. Exercise.

9.2.4. Eat healthy foods.

9.2.5. Stay hydrated

9.3. Make time to disconnect

9.3.1. Take time away from your phone and computer.

9.3.2. Reconnect with your body

9.4. Make time for therapy

9.4.1. Therapy will help you get your body and mind on track.

9.4.2. Talk to a therapist

9.5. Connect through creativity

9.5.1. Creativity can be expressed in many forms.

9.5.2. Show yourself that your dreams matter

9.6. Try meditating

9.6.1. Focus on your breath.

9.6.2. Let the world fade away.

9.6.3. Be secure in your own presence

9.7. Define your goals

9.7.1. Identify your inner voice.

9.7.2. Stay on track by knowing and following your goals

9.8. Make conscious efforts

9.8.1. Actively try to accomplish your goals.

9.8.2. You won't reach your goals overnight

9.9. Set up milestones

9.9.1. Track progress with milestones