

The Greatness *Within* YOU!



**A COMPLETE 8-PART HOMESTUDY COURSE
TO UNLOCKING YOUR TRUE POTENTIAL**

Greatness

- ☐ Can be bound by obstacles
 - Limiting beliefs instilled by family/upbringing
 - Can feel obligation to follow family traditions
- ☐ Key to finding it is by overcoming those obstacles
 - Try different activities/challenges for inspiration/insight
 - Do tasks that are different from your regular routine
- ☐ Fear is key deterrent to finding it
 - Fearful of trying something new, unfamiliar
 - Fearful of performing/doing action in front of people
 - Fearful of ridicule/criticism from doing action poorly
- ☐ Experts
 - Need at least 10,000 hours at something to become one
 - Very few people will reach this status
 - Even experts can learn more
- ☐ Learning more about yourself
 - Can build character by doing new tasks/activities
 - Can learn what really inspires you to achieve more
 - Can find your greatness by expanding your skill set

Limiting Beliefs

- ☐ People want to become great, reach their greatness
 - Believe they lack quality/qualities to reach it
 - Believe those who've reached it had special skills/insight
 - Believe they can't reach that greatness
- ☐ People who have reached their greatness/potential
 - Reached past any limiting beliefs they had
 - Worked hard, continuously to reach their greatness
 - Didn't have any special skills/insight over others

- ☐ People limit themselves because of their upbringing
 - Believe achieving/wanting more is bad
 - Believe they should be satisfied with what they have
 - Believe making do with what they have is good
- ☐ Overcoming Limiting Beliefs
 - Believe they have the same potential/right as those who have
 - Believe that improving themselves is a worthy goal
 - Believe that helping others is a worthy goal
 - Believe that helping the Earth be better for all is a worthy goal

Self-Awareness

- ☐ Recognize ourselves without judging ourselves in a negative way
 - NOT self-image (what we want people to see)
 - It's actually what we are, what we stand for
 - It's assessing our strengths, weaknesses, goals, actions
- ☐ Meditation/Reflection
 - Can help us truly learn who we are, where we're going
 - Help us learn if we are truly satisfied by what we're doing
- ☐ Feedback
 - Ask family/friends/colleagues for honest feedback
 - Ask family/friends/colleagues to aid us in improving ourselves
 - Is also effective in a work environment to improve ourselves

Self-Esteem

- ☐ A person's overall sense of self-worth or personal value
 - High self-esteem is a high sense of one's own self-worth
 - Low-self-esteem is a low sense of one's own self-worth
- ☐ Environment
 - A supportive environment helps to boost self-esteem
 - An unsupportive/abusive environment helps to lower self-esteem

- Best to be in supportive environments as much as possible
- In abusive environments, take breaks, ignore negativity

Fears

- ☐ Unpleasant emotion caused by belief someone or something is dangerous
 - Often based on making mistakes in line of work/tasks
 - Also based on being different from others, being ridiculed, isolated for it
- ☐ Overcoming them
 - Write down fear and associated thoughts in diary/journal
 - Talk to friends/family can help
 - Use Emotional Freedom Techniques (EFT)
 - Use Sedona Method
 - Use The Work
 - Talk to a therapist

Action Taker

- ☐ Actions are what lead to the completions of goals and attaining success
 - Thinking, analysis, preparation are NOT action
 - At point of diminishing returns from the above, you MUST take action
- ☐ Be accountable
 - Tell others what you will do, then complete the tasks to do it
 - Tell yourself what you will do by writing it down, then do it
- ☐ To-Do Lists
 - Keep them short, 2-3 items
 - Longer to-do lists will paralyze you because of size of list
 - Complete tasks related to 2-3 items, create new to-do list, repeat

Power Of Thoughts

- ☐ Thoughts is what give us our goals and our incentives to achieve them
 - Without them, we'd be acting on instinct alone
- ☐ Thoughts are both positive and negative
 - Positive thoughts can lead us to goals and the way to achieve them
 - Negative thoughts remind us of our core values, living up to them

Reprogramming Your Future Self

- ☐ Proper Mindset
 - Must believe that you are capable of achieving your goals
 - Must believe that you are worthy of being successful
 - Know there are no shortcuts to achieving worthwhile goals
 - You have the same capabilities and potential as successful/famous
 - You have the capability to reach lofty goals as successful/famous have
- ☐ Action
 - Only action and doing tasks will result in your goals being met
 - Planning, analysis, preparation have their place in reaching your goals
- ☐ Environment
 - Easier to reach your goals in a positive environment
 - Harder to reach your goals in a negative environment
 - Attempt to stay out of negative environments as much as possible
 - Take breaks when you can't avoid a negative environment
 - Relax/work out/meditate after you escape the negative environment