

The Greatness *Within* YOU!



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

Greatness

<http://www.positivethoughtsandmore.com/2015/03/you-have-greatness-within-you.html>

This Positive Thoughts article emphasizes the importance of being honest with yourself and doing what you love to do and that makes you happy to find the greatness within you.

<http://femaleentrepreneurassociation.com/2014/11/you-have-greatness-within-you/>

This Female Entrepreneur International article includes a motivational YouTube 4:27 video from renowned motivational speaker Les Brown and the obstacles and challenges he's faced throughout his life, even being labeled "educably mentally retarded," but having a hunger that allowed him to reach his potential and motivating others to reach their potential.

<https://youtu.be/Ck7CytzKuhg>

This is a direct link to Les Brown's motivational YouTube video referenced above that talks about your potential, your ability to be great, and your ability to reach your dreams.

<https://www.thehealthcaresurvivor.com/thoughtfortheday/you-have-greatness-within-you/>

This The Health-Care Survivor Thought of the Day comes from the aforementioned Les Brown and talks about your ability to create your own breakthrough, your own turning point in life, to reach your fullest potential and your inner greatness.

http://www.selfgrowth.com/articles/11_Steps_to_Achieving_Greatness.html

This SelfGrowth article gives you 11 steps to achieving your own greatness; it focuses on the importance of dreams, controlling your thoughts and actions, having a great action plan, learning from failure, always learning, and continuously pushing yourself to new heights.

<http://dosomethingcool.net/principles-greatness/>

This Do Something Cool article gives you five qualities you need to bring out your own greatness; it emphasizes practice and working both smarter AND harder.

Limiting Beliefs

<http://paidtoexist.com/limiting-beliefs/>

This Paid To Exist article gives you some common limiting beliefs, the reasons why you have limiting beliefs, and steps to adopt more empowering beliefs.

<https://psychcentral.com/blog/archives/2014/08/31/how-to-overcome-limiting-beliefs/>

This PsychCentral blog post helps you to identify and explore your limiting beliefs, as well as how to overcome them via curiosity and with the help of a therapist.

<http://blog.iqmatrix.com/limiting-beliefs>

This IQ Matrix blog post dives into how beliefs are formed, how beliefs become strong, the different types of beliefs, how to identify limiting beliefs, how those limiting beliefs are formed, and how to overcome them.

http://changingminds.org/techniques/self-development/overcoming_limiting_%20beliefs.htm

This Changing Minds article gives you a 6-step process to overcoming your limiting beliefs; it helps you to recognize the falsehood of your limiting beliefs and how to create empowering beliefs.

<https://tinybuddha.com/blog/overcome-8-common-limiting-beliefs-that-may-keep-you-stuck/>

This Tiny Buddha blog post goes over 8 common limiting beliefs that keep you from reaching your goals and your greatest potential and strategies/methods to overcome each one of them.

<https://medium.com/@tfahkry/how-to-overcome-your-limiting-beliefs-4b311f1aad1c>

This Medium blog post by noted self-empowerment author and professional speaker Tony Fahkry goes over internal conflicts with your desires, what beliefs are, how beliefs affect your life, and how to have a purposeful life.

Self-Awareness

<https://lifeskillsthatmatter.com/self-awareness/>

In this Life Skills That Matter article, you'll learn what "awareness" and "self-awareness" mean, as well as learn three steps on how to become self-aware.

<http://www.pathwaytohappiness.com/self-awareness.htm>

In this Pathway To Happiness article, you'll learn why you should develop self-awareness, how to do it, and how self-awareness is especially useful in relationships with other people.

<https://www.psychologytoday.com/blog/what-is-your-true-north/201509/know-thyself-how-develop-self-awareness>

This Psychology Today blog post gives you three steps to help you develop self-awareness; developing a daily habit of self-reflection and seeking honest feedback are key to helping you develop self-awareness.

<https://www.inc.com/resources/leadership/articles/20071001/musselwhite.html>

This Inc article shows you why self-awareness is one of the most valuable leadership skills you can have, even though it is usually one of the least discussed leadership qualities; it gives you several benefits of self-awareness.

Self-Esteem

<https://www.verywell.com/what-is-self-esteem-2795868>

This article breaks down what self-esteem is from a psychological perspective, including three key components of it; it also gives you factors that can influence your self-esteem.

<https://www.psychologytoday.com/basics/self-esteem>

This Psychology Today page defines what self-esteem is, plus gives you links to recent blog posts on self-esteem.

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20047976>

This Mayo Clinic article gives you information on determining whether your self-esteem is at the right level or needs a boost; it also gives you factors that can influence your self-esteem and why having a healthy sense of your own worth is important.

<http://thinksimplenow.com/happiness/the-art-of-building-self-esteem/>

This Think Simple Now article gives you 13 tips to build your self-esteem; included in those tips are starting small, doing something that scares you (i.e. facing your fears), and doing something you're good at.

<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/self-esteem/art-20045374>

This Mayo Clinic article gives you steps you can take to improve your self-esteem and feel better about yourself; they emphasize knowing your beliefs/thoughts and challenging negative or inaccurate thinking.

<http://jackcanfield.com/blog/how-to-build-self-esteem/>

This blog post from noted entrepreneur, corporate trainer, motivational speaker, and co-author of *Chicken Soup for the Soul* series Jack Canfield talks about a technique, the Mirror Exercise, you can use to overcome your shyness and build your self-esteem.

<https://www.bustle.com/p/how-can-i-improve-my-self-esteem-7-confidence-hacks-to-leave-you-feeling-on-top-of-the-world-79961>

This Bustle article gives you 7 ways to challenge your negative thoughts and get your confidence back up.

Fears

<https://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/security/facing-fear/how-deal-chronic-fear-and-anxiety>

This University of Minnesota article gives you advice and ideas on how to go about dealing with your own fear and anxiety; the importance of positivity and finding meaning is also emphasized.

<https://personaltao.com/teachings/questions/handling-fear/>

This Personal Tao article teaches you how to handle fear from a Taoist perspective; it defines fear as “foreseeing a negative potential as an outcome” and how to go about handling it.

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/overcoming-fears.aspx>

This United Kingdom National Health Service article gives you ten ways to fight your fears; some of the ways include challenging fearful thoughts with evidence, not trying to be perfect in everything you do, and talking about your fears with others to help loosen their hold over you.

<http://www.taramohr.com/5-strategies-for-dealing-with-fear/>

This article by noted women's leadership and well-being expert Tara Mohr gives you 5 strategies for dealing with your fears; one of the strategies involves just analyzing the situation you're afraid of and determining how bad the situation could actually be in reality in an effort to weaken fear's grip over you.

Taking Action

<https://www.wakeupcloud.com/secret-to-taking-action/>

This article gives you a method to help you take action when you are procrastinating and not moving toward your goals; learn how looking into the future can help you create a more positive future and enable you to begin taking action now toward your goal one small step at a time.

<http://www.positivityblog.com/how-to-take-more-action-9-powerful-tips/>

This blog post gives you 9 powerful ways to take more action in your life; the methods include being accountable to others and to yourself, not making every task so critical, and the importance and usefulness of a short to-do list.

<https://tinybuddha.com/blog/5-tips-to-help-you-take-action-to-overcome-your-fear/>

This blog post gives you 5 tips on how taking action can help you to overcome your fears; it reminds you that action alone overcomes fear, not thinking, and that small steps also count toward overcoming your fears and reaching your goals.

<http://www.lifehack.org/articles/productivity/how-to-take-smart-and-massive-action-in-6-simple-steps.html>

This Lifehack article defines “massive action” and gives you a good plan on implementing it in a way where it doesn’t drain your energy levels and cause you to procrastinate and put off achieving your goals.

<https://startupbros.com/overthinkers-guide-taking-action-complete-guide/>

This blog post emphasizes the idea that taking action is key to getting anywhere; it especially emphasizes that your life will become better by taking action and not by rationalizing about what you should do and procrastinating on the tasks you should be doing.

<https://www.pickthebrain.com/blog/grow-the-action-habit/>

This blog post explains how to get into the habit of constantly taking action; it especially emphasizes the fact that conditions will never be perfect for you to take action, so go ahead and do the action and deal with any problems or consequences as you go.

Power Of Thoughts

<http://blogs.timesofindia.indiatimes.com/O-zone/harness-the-power-of-your-thoughts/>

In this Times of India blog post, you will learn about the power of your mind, how your thoughts can impact your reality and life, and how it can help you to achieve your dreams and goals.

<http://www.telegraph.co.uk/health-fitness/mind/how-to-harness-the-power-of-your-negative-thoughts/>

This The Telegraph article explains why negative thoughts are actually natural and how they are actually reminding you of living up to your core values.

<https://www.consciouslifestylemag.com/subconscious-mind-power/>

This Conscious Lifestyle Magazine article looks at both the conscious and subconscious mind, as well as the critical faculty of our minds, an element that keeps us from acting out every subconscious perception.

Reprogramming Your Future Self

<https://www.tonyrobbins.com/mind-meaning/how-to-reprogram-your-mind/>

This article from noted author, entrepreneur, and life coach Tony Robbins gives you information on how to reprogram your mind; it gives you information on how to decide, commit, and resolve to do what you want to do to achieve your goals and live the life you want to have.

<https://agileleanlife.com/reprogram-yourself/>

This site gives you information on how to reprogram your mind, especially if you are in a toxic environment; it uses the analogy of your body being hardware, and your brain is the piece of hardware that runs the code (software).

<https://1106design.com/wp-content/uploads/Pages-from-Lifes-Cheat-Sheet.pdf>

This PDF will give you information on why it's important to program your mind and how to go about doing it; you will learn the differences between your conscious mind (CM) and your subconscious mind (SM).

<https://youtu.be/OiGCivMsqDg>

This 20:23 video provides a Law of Attraction exercise that shows you how to reprogram your conscious self so that it aligns with your desires and enables you to more easily attain your goals.

https://youtu.be/bXr5uZKml_8

This 7:57 video will show you how to reprogram your mind to be positive so it is easier to reach your goals.