

Understanding Your Personal Potential

A starting point for a balanced life

The Cox Report on American Business states that 94 percent of all Forbes 500 executives attribute their success more to attitude than to any other ingredient.

If you believe you can grow your potential, that opens the door for continual self improvement.

Source: The Journey from Success to Significance - John

1st Question?

***What is our most
valuable resource?***

TIME



Why is our time so important?



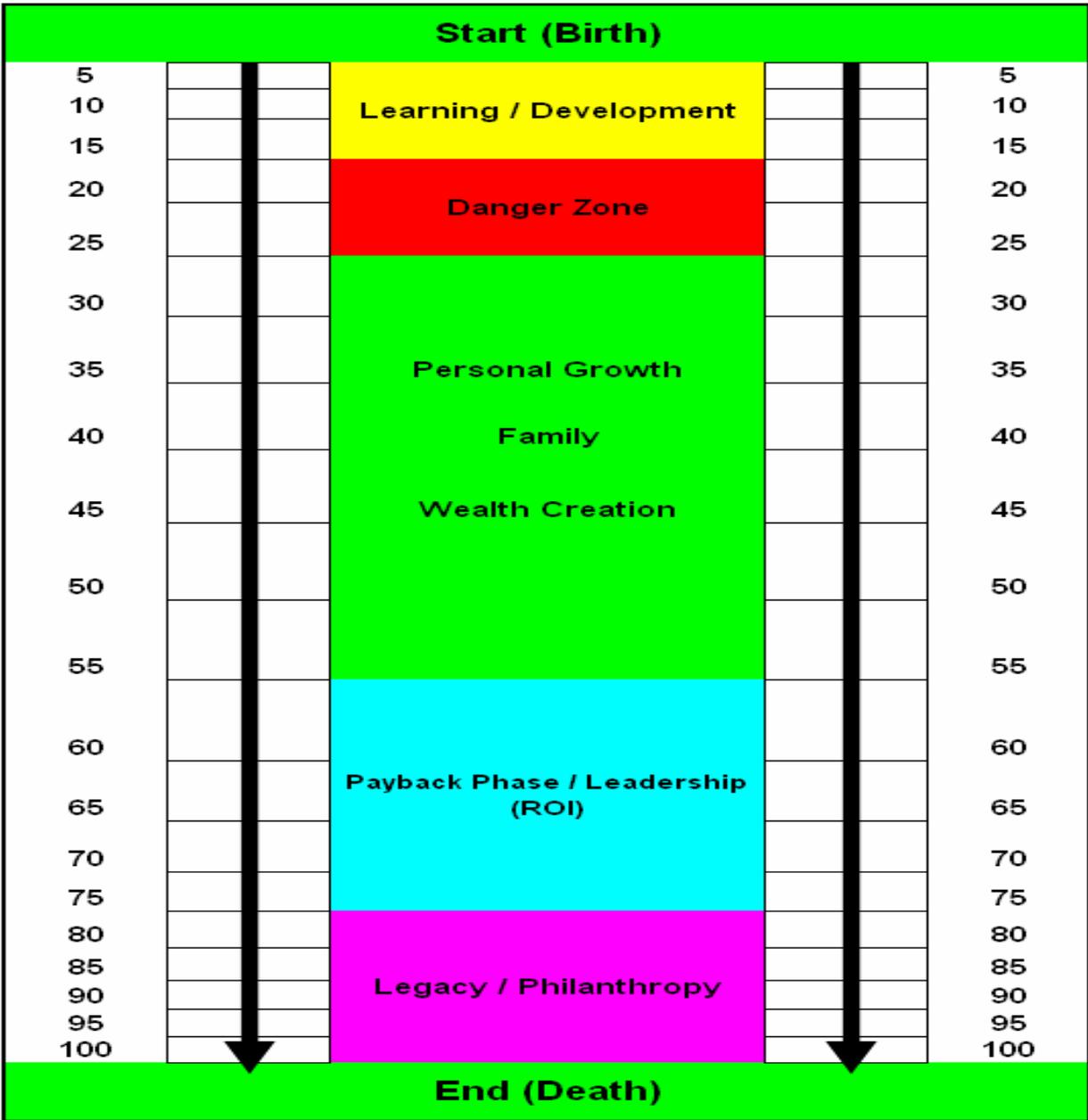
**It is the one resource
that we can not
acquire more of at
any cost!**

**When time has been
spent, it is gone
forever!**

**Let's take a close look at
the average life cycle of a
human being.....**



Life Cycle Chart



Truths:

The great opportunity:

- We live in a society free of repression and full of opportunities.

The hard reality:

- Life can be tough.
- Life is not always fair.
- Bad things will happen to you along the way.



- **Money Magazine** reports that **78%** of Americans will have a major negative financial event in any given **10-year** period of time.

That means 8 out of 10 of us are going to have something come along and punch us to the tune of \$5,000, \$7,000, or \$8,000 every decade or so. These unexpected events shouldn't really be unexpected. We have to be ready.

- **A study on Life Events Inventories (LEI)** found in the Oxford Journals identifies 56 major life events that happen to average people during their life cycle. They include but are not limited to:

Death of a spouse or immediate family member
Getting into debt beyond means of repayment
Unemployment
Miscarriage / abortion, unexpected pregnancy
Trouble with children
Substance abuse
Jail sentence
Family illness
Divorce
Infidelity
Major accident
Job Loss

Life is a journey; a trek.



My favorite analogy for life's journey is
mountain climbing.

In order to progress we must:

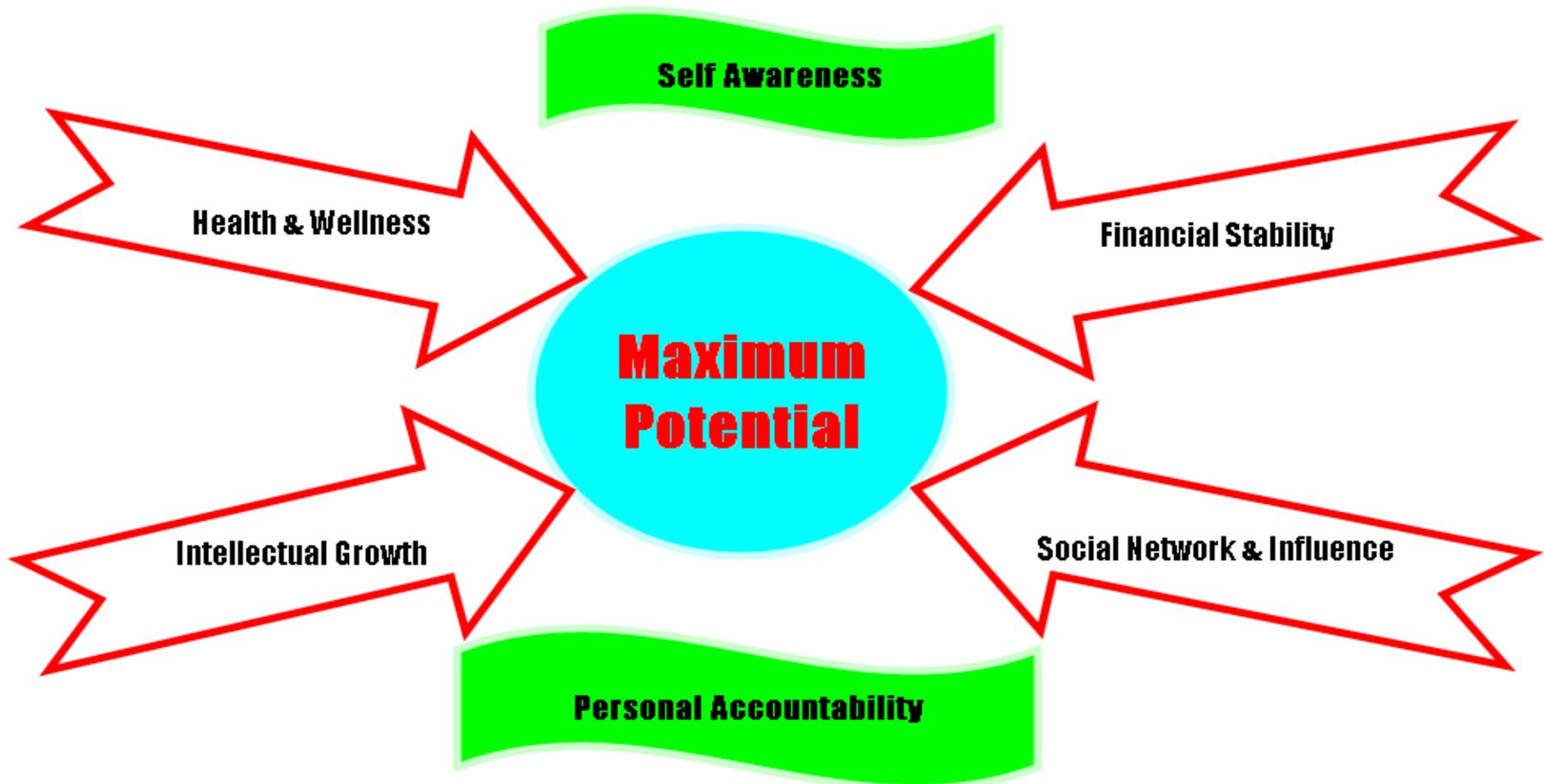
- 1) Have a desire to summit - Strive for elevation every day.
- 2) Acknowledge that your window of opportunity has limits.
- 3) Choose your next point - You will go where you are looking.
- 4) Reflect and learn from your successes and your failures.

Truths about Self development:

1. Realizing your maximum potential starts with self awareness and ends with personal accountability.
2. Sustaining success and high levels of potential requires deliberate focus, a solid foundation, and a healthy balanced life.

Let's look at a visual model.....

At Life Design Network, our goal is to increase your self awareness, encourage personal accountability, and establish lasting behaviors in four key areas.



What are the two factors that determine a persons potential?

1) Ability (Capacity)

2) Desire (Drive)

Let's discuss our model for Personal Potential

What if: $(I_1 \times I_2) + (E_1 \times E_2) = P$

Where as:

I_1 = Intellect

I_2 = Influence

E_1 = Experience

E_2 = Energy

P = Personal Potential

Key Words & Definitions:

Intellect - The ability to learn and reason; the capacity for knowledge and understanding.

Influence - A power affecting a person, thing, or course of events, especially one that operates without any direct or apparent effort.

Experience - Active participation in events or activities, leading to the accumulation of knowledge or skill.

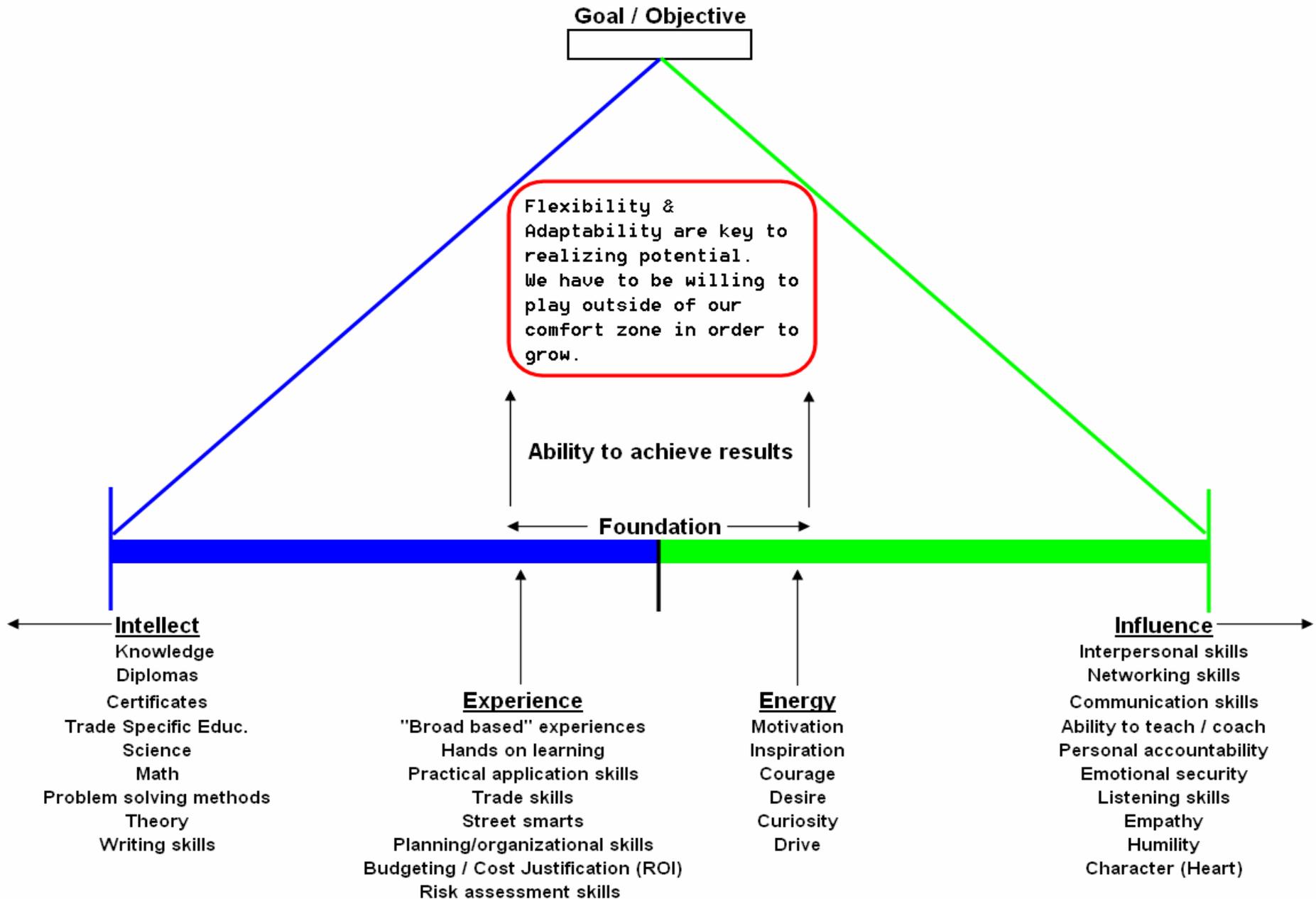
Energy - The capacity for work or vigorous activity

Potential - The inherent ability or capacity for growth, development, or coming into being.

Source: (Heritage® Dictionary)

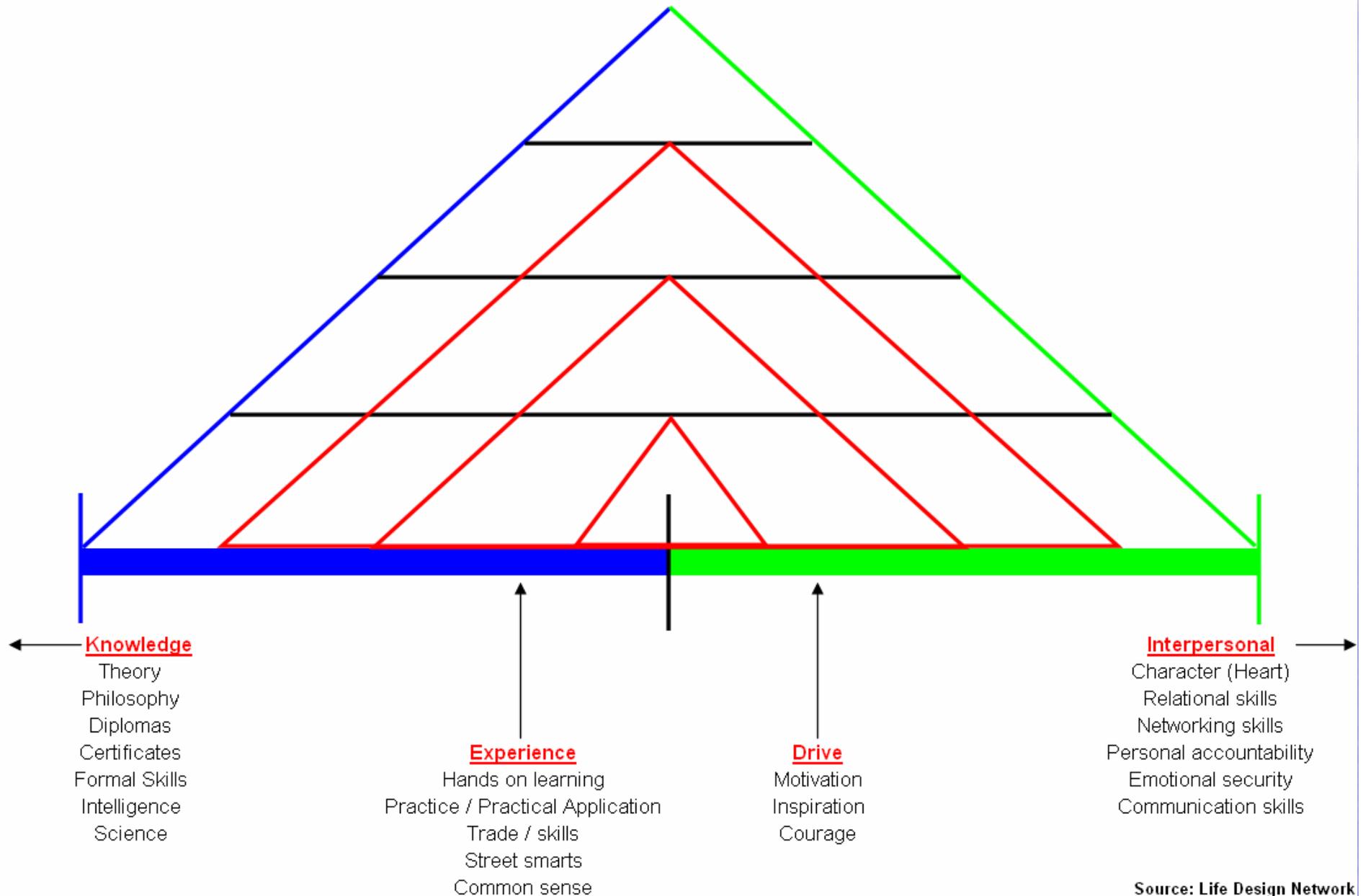
Source: Life Design Network LLC

The Potential Pyramid

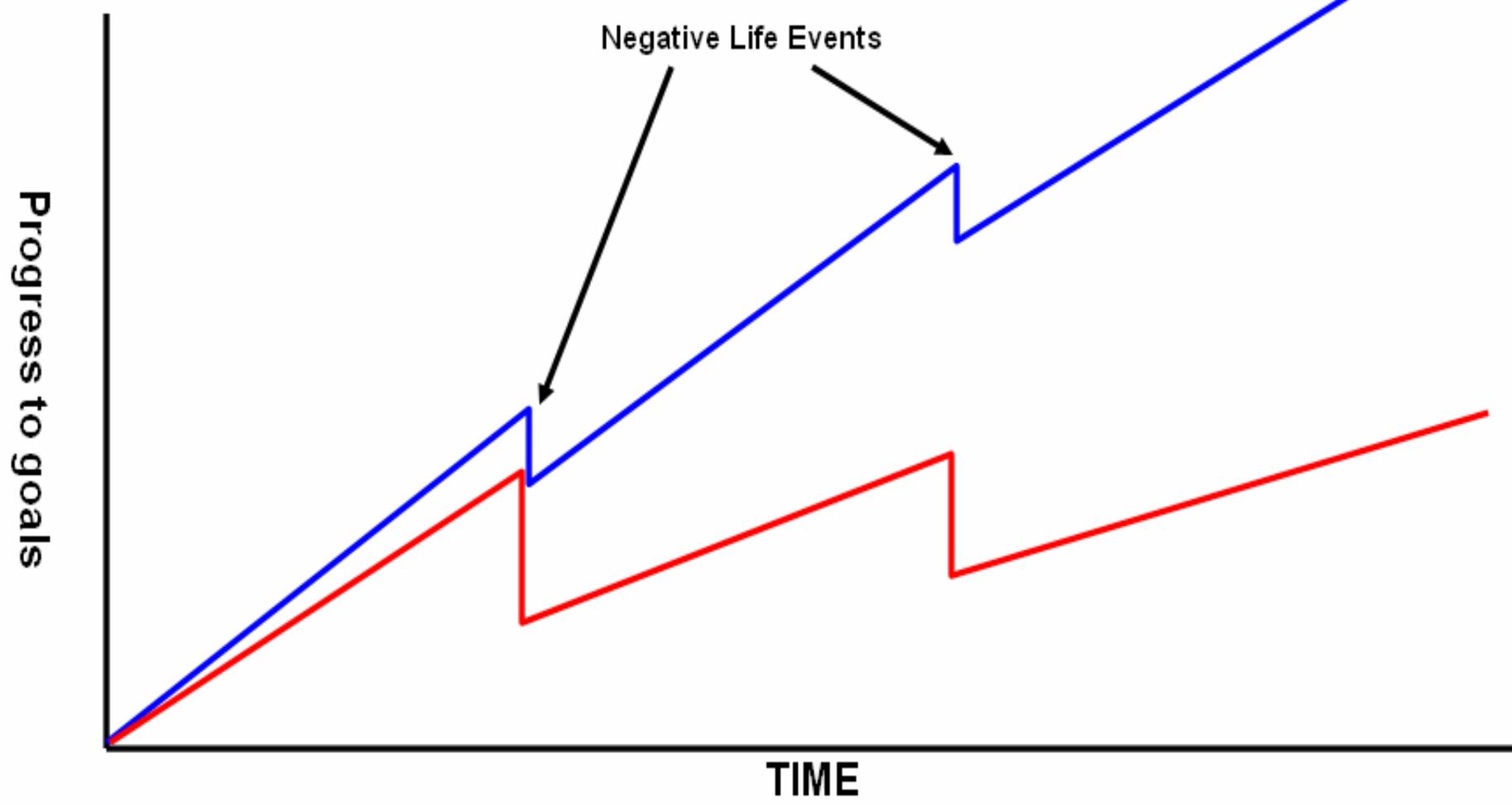


The Potential Pyramid

We should proactively seek out development opportunities that encourage balance & growth in all four areas.
As we grow in any one area our potential also grows.



A person with a strong foundation and clear goals will be able to handle the impact of negative life events better and recover faster



- = solid foundation
- = weak foundation

Source: Life Design Network

What are the six keys to achieving personal potential?



1. Commit to lifelong learning and to the practice of reflection.
2. Work on your balance & foundation. Strive for:
 - Health & Wellness
 - Intellectual Growth
 - Social network and influence skills
 - Financial stability in your life.
3. Write down your goals, dreams, & create a mission statement.
4. Surround yourself with people that make you better.
5. Practice extreme ethics and personal accountability.
6. Use the Potential Pyramid Diagram to guide your development efforts.

How should you get started?

1. Write down your values (Eulogy concept).

2. Self assess your foundation.

3. Set some goals for yourself.

4. Repeat on a regular basis. Make this process of self development a way of life.



QUESTIONS

