

# *Training Tamer*

*Helping People  
Learn & Soar*



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## **Reaching Your Potential**

# Topics

- Life Crisis Points
- Life Goes Awry
- Impact of Breakdowns
- Obstacles to Realizing Your Dreams
- Listen to Your Self-Talk & See How It Impacts You
- The Dreaded Thing & The Mirror
- Power of Being Conscious
- Failure vs. Learning

# Topics (2)

- Power of words
- Success is a state of mind
- Envision your dream
- Build a dream board
- Planning
- Support
- Choices & wise advice
- Final thoughts
- So go for your dream

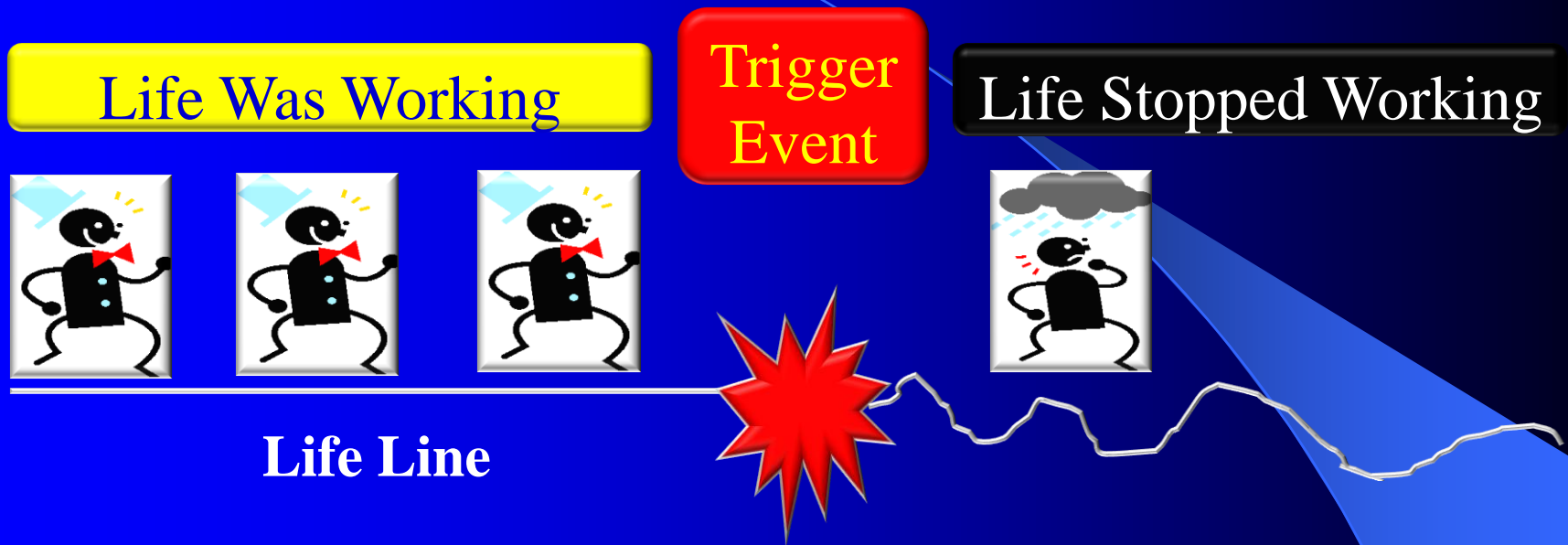
# Life Crisis Points

- Childhood
- Adolescent
- Young Adult
- Adult
  - Job Loss (long term worsens it), Death of Child, Divorce, Caretaking Aging Parents, etc.

# Life Goes Awry

- Crisis are trigger events than can create breakdowns
- Breakdowns can cause life to go awry

# How Breakdowns Occur



What was a Trigger Event for you?  
How did it impact you?

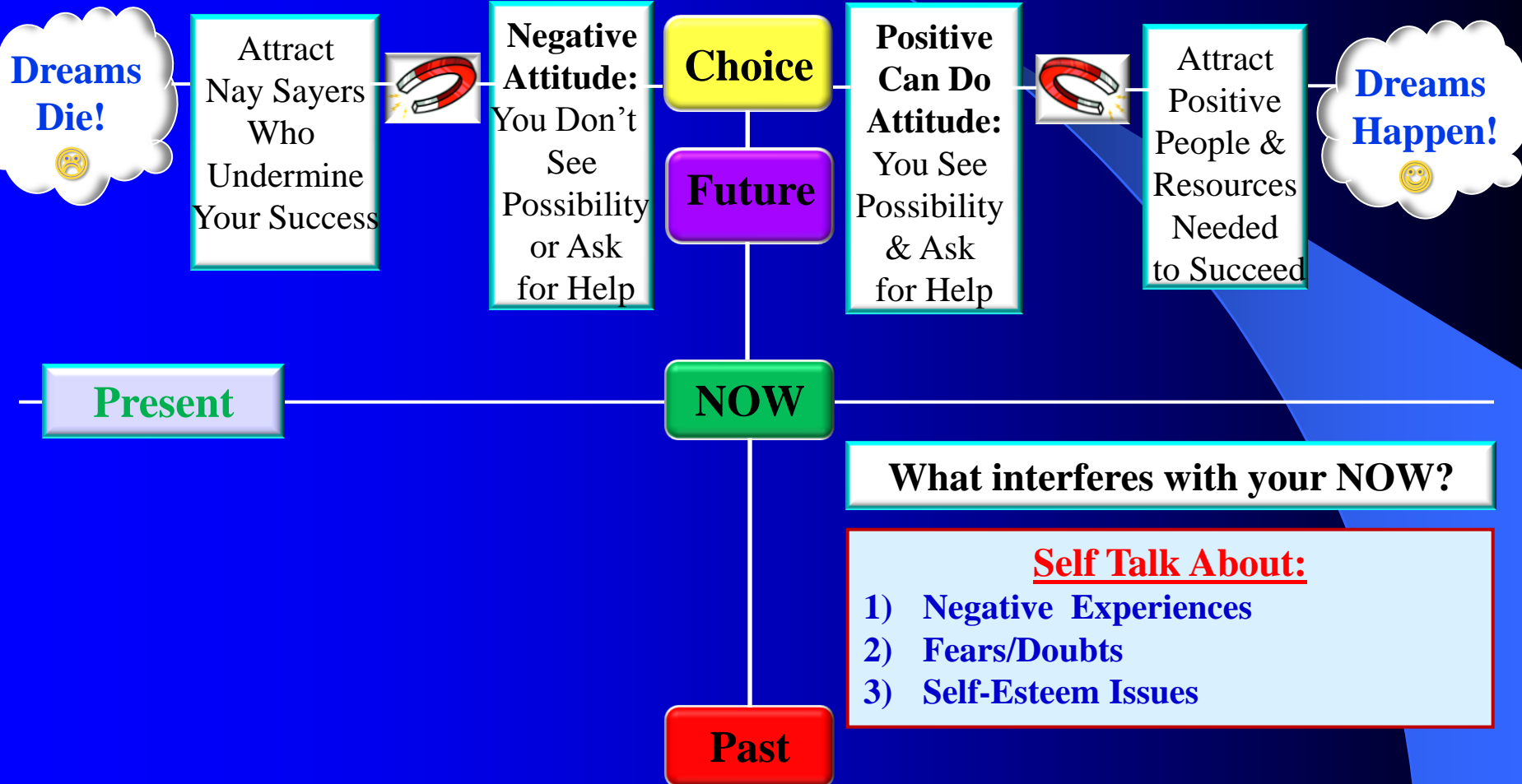
# Impact of Breakdowns

- Life is no longer good, safe and happy
- Build up fear, doubt and sometimes anxiety
- Create self talk about the experience
- Internal dialog takes over ruled by person you were at the age each crisis occurred
  - Starts to control your existence and is irrational
  - Causes self-sabotaging behavior and self-fulfilling prophecies
  - Rational adult part of you is no longer in charge
- Not consciously aware of this so it's hard to control or change it

# Obstacles to Reaching Your Potential

What influences the direction of your future?

1) Same things that influence your NOW



# Listen to Your Self-Talk & See How It Impacts You

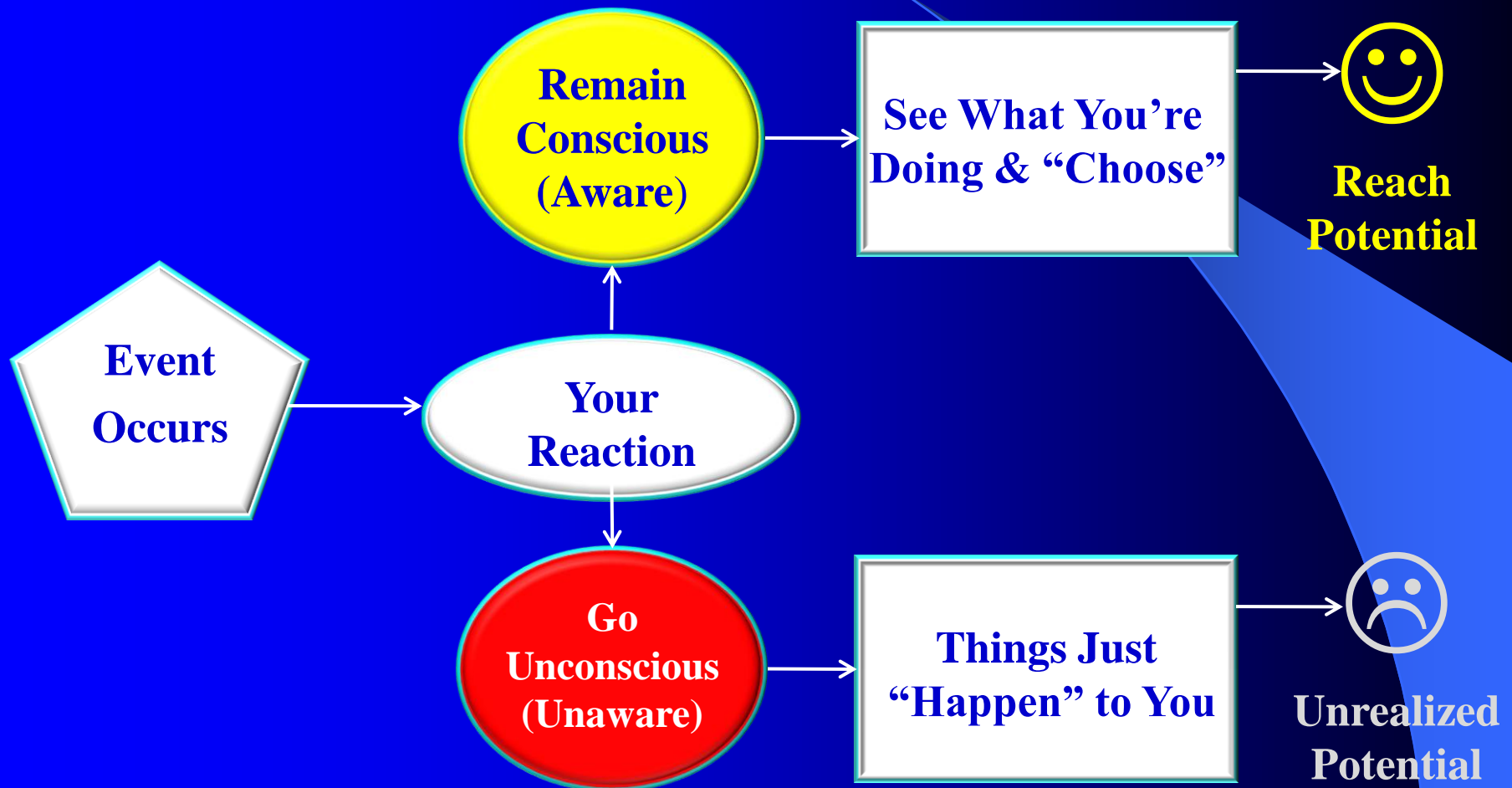
- Are they problematic stories/conversation from your past?
- Do you put yourself down or get defensive?
- Do you think, “If you go for my dream and fail, my dream will be lost/crushed forever so I’d better not try at all?”
  - If you let fear prevail and don’t go for it, **your dream can never happen!**
  - Better to go for it, never quit and make your dream a reality!
  - Most people quit just when success is right around the corner but they can’t see it.
- Remember, if you stay in the **Action** in the Present and keep focused on working on your Dream, it will definitely happen! All you gotta do is Believe and your Higher Power will do the rest!

# That Dreaded Thing & The Mirror

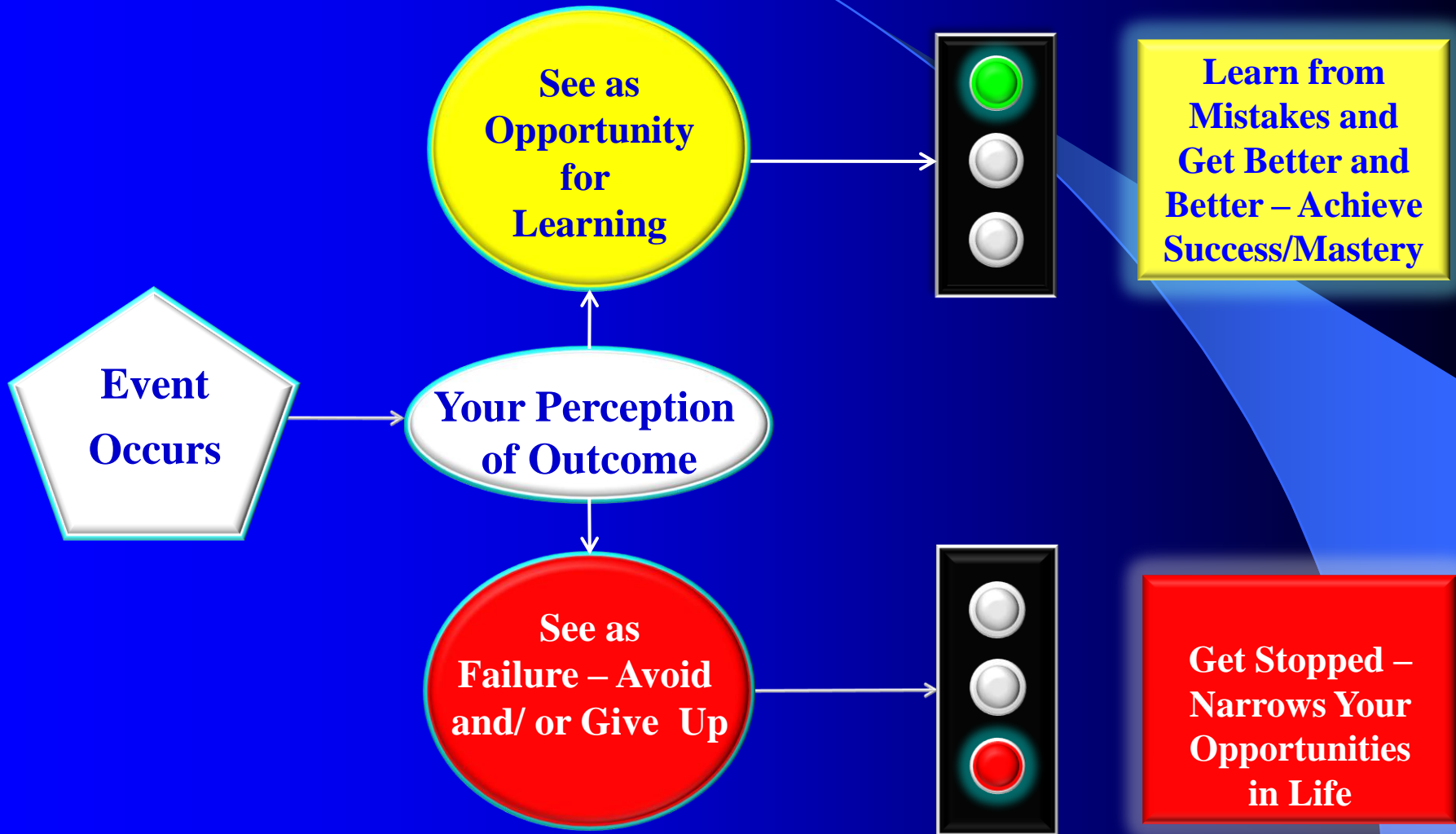


- Here you are seemingly safe and happy!
- Then you hear that rumble behind you!! What is it?
- It's the dreaded steamroller!!! But what does it represent?
- Sure, it's your stories, fears and self-doubt! And you keep looking back to watch them and stop focusing on your Future!! But what can you do?
- Get your **Magic Mirror** and watch what you're doing or how you're reacting.
- If you see fear, past stories dancing in your eyes and more, **CHOOSE** to let these things go and move/look forward to your dream filled Future!!!!

# Power of Being Conscious



# Failure vs. Learning



# Power of Words

What's the most powerful 4 letter word in the English language?

It's **RISK**! But why?

Because if you can handle RISK, you can accomplish anything!

# Success is a State of Mind

You can say:

– I can do it.

**OR**

– I can't do it.

Either way, you're right!

The choice is yours!!

But what causes us to take the low road?

Let's see.

# Envision Your Dream

- Create a VISION of the Future
  - Write down 10 possible dream jobs that light you up
  - Now prioritize them from most important to least important to YOU
  - Take the #1 Dream Possibility and first write a 4-6 line mission statement for it
  - Next, write down 10 tasks you need to do to complete your dream
  - Now, place these 10 tasks in the order they need to be done

# Build a Dream Board

- Create a Dream Board
  - Build a detail image of your dream in every detail
  - Use magazines pictures, photos and clip art from the Internet, your own drawings and photos, etc.
- Post your Dream Board in a prominent place in you home and/or office
- Look at it every day and imagine yourself living that dream
  - Remember, creation begins in the mind with a clear image and belief in your dream
  - Dreams are the springboard into reality

# Planning

- Set a dream date (no, that's not a date with your soul mate!)
- Create a personal development plan
  - Lay out all the step and stages that you will have to do/complete
- If your dream is a business,
  - Build a comprehensive marketing plan
  - Create a comprehensive business plan
  - Determine staffing needs
  - Determine you sources of funds (checking, savings, 401K, etc. for yourself and then look at possible funds from others)
  - Determine how long you can survive without getting paid
  - Get help from everyone you know
  - Get assistance from the SBA and SBDC, Chamber of Commerce, SCORE, etc.

# Support

- Tell everyone you know what you're up to and enroll them in helping you in any way they can
  - Help you with personal/financial support, process issues, planning, etc.
- Get a coach to help guide you through the process
  - Brainstorm ideas/solutions, hold you accountable and point you to other resources that can help you
- Surround yourself with effervescent, happy and zestful, positive people
- People you do this are much more likely to achieve their dreams, reach them faster and sometimes exceed their dream too

# Choices & Wise Advice

- **Choose** to make your dream a reality
  - You can choose the opposite
    - But remember, it's your **Choice**, not an accident, a result of your past, God, or whatever
  - **Not choosing is a choice** (that's the trewth – so there!)
- **Be the master** of your personal reality
- **Never, ever, ever give up!** (Winston Churchill)
  - Most people quit on their dream just before it's about to happen
- **Believe** and **Stay in Action** and your dream will be yours

# Final Thoughts

- If you listen to your heart, it will never steer you wrong
- When you open up to God/Higher Power and the people around you and let them in, everything becomes available
  - Ideas, solutions, resources (people and otherwise), money, etc.
  - Synchronicity – people and things you need come to you
- If you want something, it helps to make requests

# So Go for Your Dream!

## Ya Gotta Believe

Oh Ya Gotta Believe  
That Your Dreams'll Come True  
So Ya Gotta Believe  
God is There for You



Yes Ya Gotta Believe  
He Wants the Best for You  
Oh Ya Gotta Believe  
He'll Make Your Life Anew

So Just Hold on Tight  
God Has Your Future in Sight  
When You Open Your Heart  
He'll Lift You Up and You Will Fly

So Ya Gotta Believe  
Keep Your Hope and Pray  
Yes, Ya Gotta Believe  
It's the only way

Yeah Ya Gotta Believe  
Yes You Gotta Believe  
And if you do  
It will set you free



So Ya Gotta Believe  
Yes, Ya Gotta Believe  
Oh Ya Gotta Believe  
Yeah Ya Gotta Believe  
You're Gonna Make It Through  
If You Only Believe

# Thank You!





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