

HOW TO BRING YOUR POTENTIAL INTO REALITY

Resources



BY SHELLEY HOLMES

How to Bring Your Potential Into Reality

Mindset and Goal Setting Techniques That Inspire You To Take Action On Your Dreams



Inspiring leaders to live, love, and lead
remarkably so they and their company
become 'rockstars' in their industry



SHELLEY HOLMES



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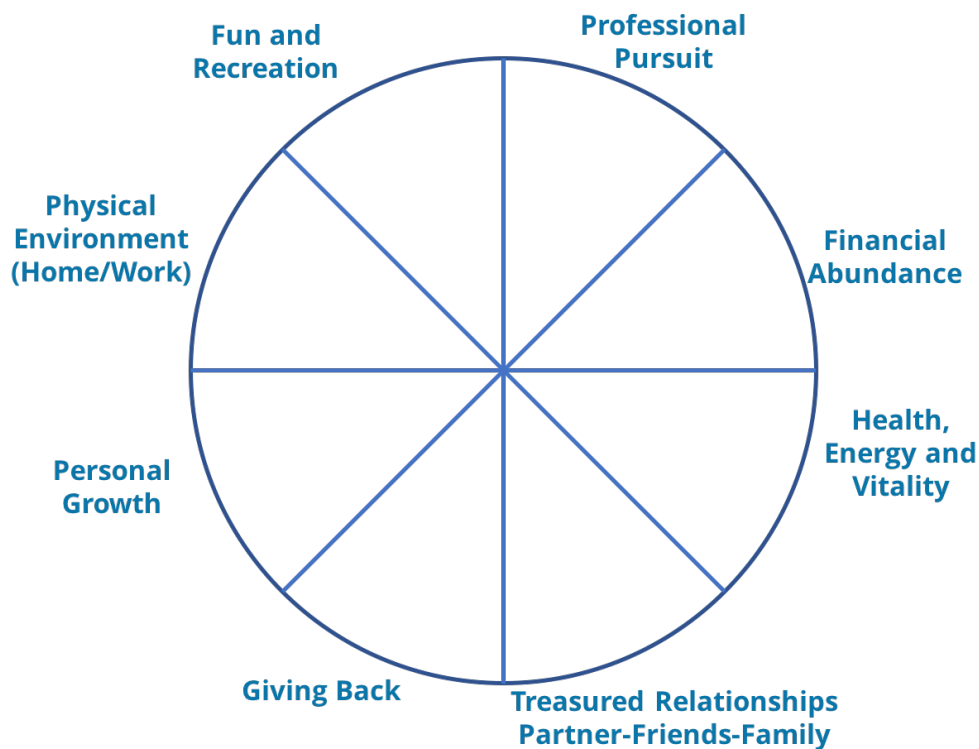
Thank you for respecting the hard work of the author.

Wheels of Satisfaction

Take Inspired Action

Go ahead now and mark how satisfied you are with the various areas in your life on the wheel below. Remember change the segments to make them meaningful to you.

Personal Life Satisfaction Wheel



Once you've completed your current day reflections, take a different color and cast your mind back five years. Now, rate how your wheel may have looked then. What's different? Why?

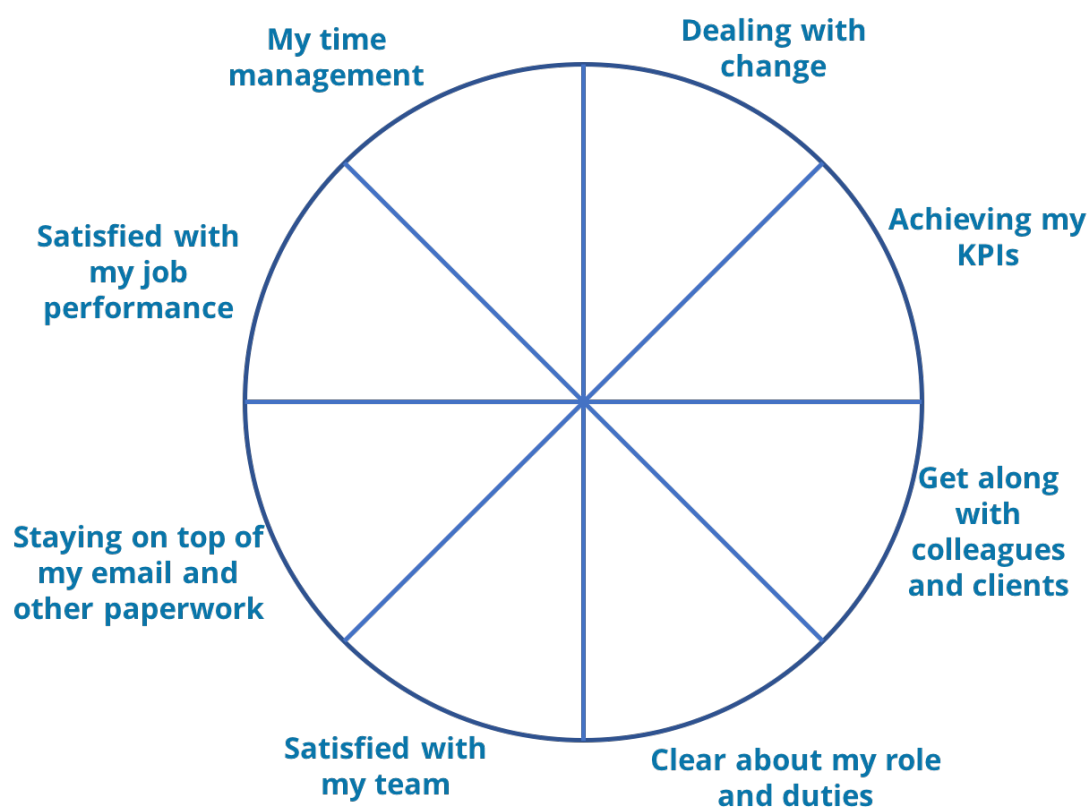
Take a third color and cast your mind forward five years. How would you like it to look? Write a couple of sentences that describe how you will be living then.

Once completed, ask yourself:

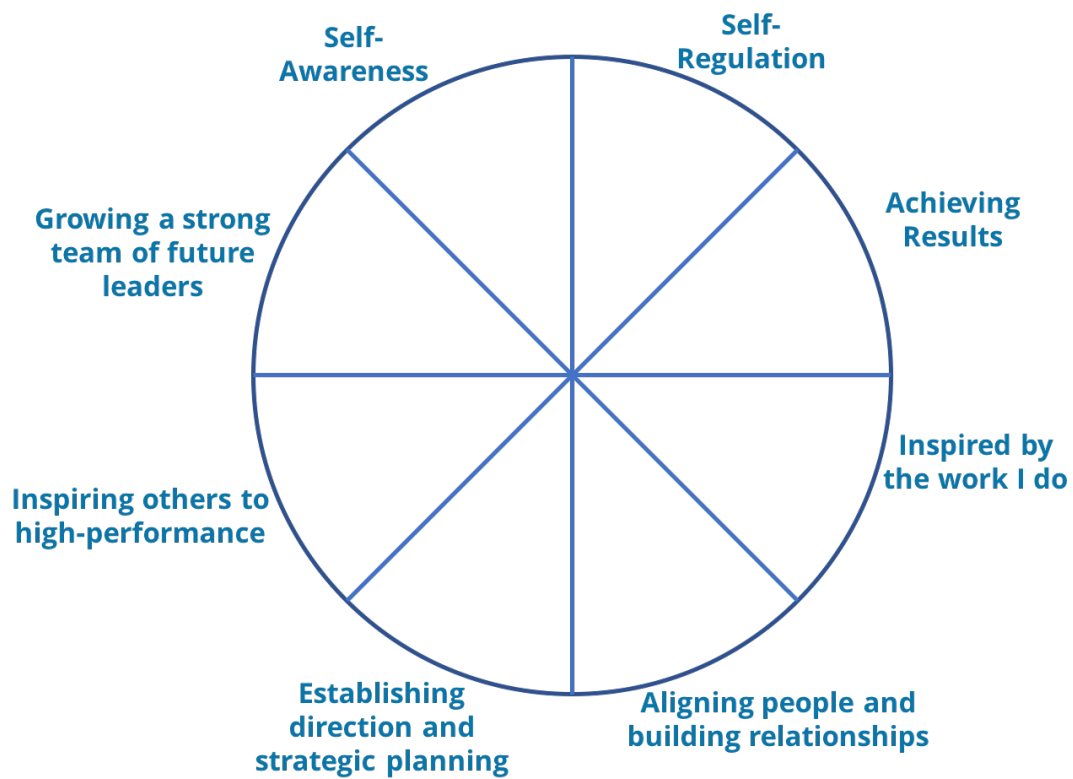
1. What if anything, do I want to change?
2. What has stopped me from giving focus to this area before?
3. How can I make changes, without putting pressure on myself?

You may also like to complete wheels for your Job Performance and your Leadership Satisfaction

Job Performance Wheel



Leadership Satisfaction Wheel



What You Want/Don't Want Exercise

My Romantic Relationship - Score Scale 1-10 (10: Simply awesome)

| What I don't Like/Want | What I do Like/Want |
|------------------------|---------------------|
| | |

My Family Scale 1-10 (10: Simply awesome)

| What I don't Like/Want | What I do Like/Want |
|------------------------|---------------------|
| | |

My Friends Scale 1-10 (10: Simply awesome)

| What I don't Like/Want | What I do Like/Want |
|------------------------|---------------------|
| | |

My Professional Pursuit Scale 1-10 (10: Simply awesome)

| What I don't Like/Want | What I do Like/Want |
|------------------------|---------------------|
| | |

Fun and Recreation Scale 1-10 (10: Simply awesome)

| What I don't Like/Want | What I do Like/Want |
|------------------------|---------------------|
| | |

My Health/Energy/Vitality Scale 1-10 (10: Simply awesome)

| What I don't Like/Want | What I do Like/Want |
|------------------------|---------------------|
| | |

My Community/Giving Back Scale 1-10 (10: Simply awesome)

| What I don't Like/Want | What I do Like/Want |
|------------------------|---------------------|
| | |

My Personal Growth Scale 1-10 (10: Simply awesome)

| What I don't Like/Want | What I do Like/Want |
|------------------------|---------------------|
| | |

My Financial Abundance Scale 1-10 (10: Simply awesome)

| What I don't Like/Want | What I do Like/Want |
|------------------------|---------------------|
| | |

My Inner World/Spirituality Scale 1-10 (10: Simply awesome)

| What I don't Like/Want | What I do Like/Want |
|------------------------|---------------------|
| | |

Potentialities

I want you to come up with 100 things you'd love to do, have, be. Brainstorm on a piece of paper, or into your journal, or use the [Top 100 Potentialities templates](#) to start capturing your dreams.

Willing and Committed Questions

Financial Freedom: What are you willing and committed to doing to ensure that you remain financially independent throughout your life?

Professional Pursuit: What commitments are you willing to make, to ensure that your professional pursuit in life, is fulfilling, rewarding and is something that inspires you and brings you joy and passion?

Treasured Relationships: Who are the people that are most important in your life? What commitments are you willing to make to ensure that your relationships with them are growing, and filled with love and joy?

Growing and Learning: What commitments are you willing to make to your own personal growth and development? What commitments are you willing to make to yourself about whom you want to be and how you want to feel each day?

Fun and Recreation: What commitments are you willing to make to having fun and treating yourself royally? To showing yourself that you are worthy of spoiling?

Health, Energy, Vitality: What commitments are you willing to make to ensure that your body is capable of fulfilling its potential and enabling you to live a long and healthy life?

Giving Back: What commitments are you willing to make to your family, community, the world? To contribute to the greater good of the family of man?

Spirituality/Inner Growth: What commitments are you willing to make to be in touch with your own inner Essence? To feel connected with your Source Energy?

Balance Wheels

Use the Balance Wheels below to double-check you have thought of all areas of your life.

Your Personal Life



Your Professional Life/Business

Just as your personal life needs to be balanced, so too your business. Make sure that as you are goal setting for your business that you are doing so in all the areas that are important for business success.



Your RAS

Take Inspired Action: Your challenge this week:

Set yourself 1-2 small goals to make progress on, by the end of this week. Goals that you don't currently have the information for, or don't know how to make happen.

Get serious about achieving this goal. Set your RAS to work to find the information, you need. Then you take steps to bring that goal into reality.

Compelling Vision/Reason

Take Inspired Action:

Create a vision and compelling reason for that vision for each area of your life:

- Health, Energy and Vitality
- Treasured Relationships (Partner/Friends/Family)
- Giving Back (Community)
- Personal Growth,
- Physical Environment (Home/Work)
- Fun and Recreation
- Inner World/Spirituality
- Professional Pursuit
- Financial Abundance

Take Inspired Action

Create a vision for each of your Top 5 Potentialities

Once you've completed this activity you'll then go to the next step which is to break these overarching visions down into more measurable goals and activities. These become your Inspired Actions.

Mindmap

Take Inspired Action: Mindmap each of your 5 potentialities and your life visions

Regardless of whether it is hand-drawn or using a tool like Coggle or Freeminds, start creating mind maps for each of your potentialities. You could also create mind maps for each of the Key Success Areas.

Goal Achievement Activity Plan

Take Inspired Action

Start to map out the activities you will take to achieve your goals.

| Goal Achievement Activity Plan | | | | | | |
|--------------------------------|---------|-----|-----|------|-----|-----------|
| What | By When | Res | Del | Time | Pri | Resources |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Resp = Responsibility to manage

Del = Delegate to

Pri = Priority Order

Reso = Identify needed resources

Goals Checklist


This checklist ensures that the goals you are working toward, enrich your life and that you'll look back with joy!

****** If you can't answer these in the positive, you may struggle to achieve your goal.

| Goals Checklist | Yes | No |
|--|-----|----|
| Is your goal stated positively <i>Focus on what you do want, rather than what you don't want (e.g Weigh 57kg is better than lose 10kg)</i> | | |
| Is it measurable? <i>E.g Weigh 57kg is better than 'be at my ideal weight'</i> | | |
| Is it time bound? <i>Date by which the goal will be completed/achieved</i> | | |
| Is it real? <i>Stretches you, but still be achievable</i> | | |
| ** Is this goal congruent with who you are, and what's important to you? <i>(speaks to your Vision and Mission statement)</i> | | |
| Does this goal increase the choices available to you and add value to your life? | | |
| Does this goal add value to the people in your most intimate circle? | | |
| Does this goal add values to the wider community? | | |
| ** When you think about the tasks involved, to achieve this goal, do you get excited/smile? Are you passionate about doing what's necessary? | | |
| ** Will you experience joy as you are working toward achieving our goal? | | |
| Do you know what you will gain if you achieve this goal? <i>E.g Energy, longer life, more time with grandkids</i> | | |
| Do you know what will happen if you don't achieve this goal? <i>E.g won't be able to play and participate fully in my kids lives</i> | | |
| Do you get to share your gifts/talents/wisdom with others as you work toward achieving this goal? | | |
| Have you started a list of the resources you are going to need to help you achieve this goal? <i>(people, information, skills, tools, books ect)</i> | | |
| Have you started a timetable for the tasks/actions/activities you need to do to achieve this goal? | | |
| Have you taken one action (a first step) to achieving this goal? <i>If not, Stop everything and do one thing right now — never leave the place where you set a goal, without doing one small, tangible thing to get it moving)</i> | | |
| Have you written a sensory rich statement that describes how you will know when you have achieved this goal? <i>What you will see, hear, feel, taste that will let you know you've been a success (e.g Today is 15 January 20xx and I am standing in front of an audience of 2,000 people who are applauding and whistling, I am feeling exhilarated that I have been able to deliver to them information that has transformed their lives) .</i> | | |
| Is this goal posted somewhere that you will at it daily? | | |
| Do you spend time daily visualising and feeling the feelings you will have as you achieve this goal? | | |
| Do you have your (growing) list of steps/actions/activities close to you at all times? | | |

Take Inspired Action: Who is Influencing Your life?

Think of people you regularly spend time with. Place their initial where you feel the best fit each of the sliding scales. If your left-hand scale has more initials than the right, you may want to find new people to spend more of your time with.



| | | |
|-----------------------|--|----------------------------|
| Dream Stealer | | Dream Weaver |
| Pessimistic | | Optimistic |
| Barely Alive | | Passionate |
| Energy Drain | | Energy Injector |
| Living Your Nightmare | | Living The Life You Desire |
| Destructive | | Constructive |
| De-Motivating | | Inspiring |
| Warning | | Message |

If you have a lot of people who tend more toward the left-hand side of the continuum, you might want to take a good hard look at yourself. Remember the saying, "Like attracts like". You may need to work on where you put your focus. What you talk about. How you show up in life.

If you've got a lot of negative people in your life, it is probably your dominant vibe and you need to shift that. Create your dream-weaver team:

Identify people who are heading toward or already arrived at where you want to go.

Who can support you? Who has similar dreams to you? How can you strike up a relationship with them?

Take Inspired Action: Take a look at your beliefs

When you think of your Vision for each area of your life and your Top 5 from your Potentiality List, what mindset do you need to change in those areas? What thinking do you need to get straightened up? Make a list of the beliefs that you have that may no longer be supportive of your success.

What do you need to do to get ready for your most important opportunity?