Unlocking the Door to Your Potential

“Be an opener of doors”
– Ralph Waldo Emerson

Imagine your potential is locked behind a door. If you can open the door, you can fulfill your true potential.

Discuss:

➢ What is keeping your “door of potential” from fully opening? REVIEW EACH ITEM BELOW

  o Emotions? Fears? Anxiety?

  o Excuses – “I can’t because…”

  o Blame – “It’s ___’s fault”

  o Lack of motivation –

  o Something else?

➢ What can you do to fully open the door?

  o Who can help you open the door?

  o Who can show you what to do?

  o Where can you learn more?

  o How can you draw upon your own experiences and strengths?
The Me I Want to Be

Now put it all together – What’s your plan to fully open up that door to your potential – No excuses allowed.

Complete the following plan for realizing your potential:

<table>
<thead>
<tr>
<th>Me (Who you are today)</th>
<th>The Process (What you think needs to happen)</th>
<th>The Me I Want to Be (Where you want to end up)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Draw a picture of yourself. <em>(It’s not an art contest)</em></td>
<td>Fill this box with your ideas about all of the things you want and need in order to get where you need to be: (For example, quit using, get a better job, etc.)</td>
<td>Draw a picture that depicts how you see yourself one day</td>
</tr>
<tr>
<td>Then list some of your strengths. <em>(Intelligent, strong, etc.)</em></td>
<td>Then, also write down in this box some qualities that you see in your future self</td>
<td></td>
</tr>
</tbody>
</table>

LIST 5 things you can & should start doing now (or at least in the very near future) to move forward?

1
2
3
4
5

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