



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***

- **Emotions? Fears? Anxiety?**
- **Excuses – “I can’t because...”**
- **Blame – “It’s ____’s fault”**
- **Lack of motivation –**
- **Something else?**

➤ **What can you do to fully open the door?**

- **Who can help you open the door?**
- **Who can show you what to do?**
- **Where can you learn more?**
- **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:

Me (Who you are today)	The Process (What you think needs to happen)	The Me I Want to Be (Where you want to end up)
<p>Draw a picture of yourself. <i>(It's not an art contest)</i></p> <p>Then list some of your strengths. <i>(Intelligent, strong, etc.)</i></p>	<p>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.)</p>	<p>Draw a picture that depicts how you see yourself one day</p> <p>Then, also write down in this box some qualities that you see in your future self</p>

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