

**LIMITLESS**

**ME**

## **PROLOGUE:**

Have you ever wondered what your limits are?? Most times we end up subjecting our selves under the statement that "the sky is your limit". Alas! That's the statement for the weaklings!

The sky should be the starting point and not your limit. Ever wished to test the limits you can go and you can reach? This little piece surely would do a good job in helping you attain your fullest potentials, with practical approaches to issues too!

## **CHAPTER 1: Self Discovery**

Ever wondered what lies inside of you? Ever thought about what lies in your bosom? Of course, we've asked ourselves that question ones or twice, and the striking answer is "YES" something surely does!

The greater you get to KNOW your self, the higher you can set up your potentials for the greater good. How do you make this Self-Discovery?? Follow these simple steps:

- **Ask and acknowledge your unique purpose** - Ask yourself what do you truly desire to be/do/have? What do you feel compelled to do? Acknowledge yourself for your uniqueness. This will give you the courage to leap from your comfort zone and survey the world before you.
- **Have the courage to be totally honest** - What assumptions have you made about yourself and others? Self-acceptance and facing issues honestly give you the opportunity to uncover the truth and live life with integrity. Living in integrity will not allow you to short-change yourself by staying with the status quo.
- **Find a Buddy** - Ask someone you trust to support you in your journey of self-discovery and tell them how they can help. When people understand how your personal growth benefits them and

the world (because you are showing up authentically and on purpose), you will be supported in bursting out of your comfort zone to create the life of your dreams!

- **Embrace change** - Dare to dream, take big steps forward. You don't need to know everything before you proceed; and yes, there's no such thing as a mistake when you're bursting out of prison. Whatever appears is there for your greater good; a learning opportunity.

- **Celebrate** – Choose something daily to celebrate. Rejoice in all that you are attracting and creating... And never stop creating!

## **CHAPTER 2: Your Unique Purpose**

What is the purpose of life? What is the meaning of success and fulfillment? What do I really want? How many of us have come to the realization that twenty, thirty or forty years of our lives have flown by and we realize that we hardly recognize ourselves, any longer?

Such questions, perplexing to most, have been asked and answered over the ages. Discovering the true purpose and meaning of your life is truly simple.

**Each persons purpose can be as simple as:**

- to be responsible
- to be useful
- to be honorable
- to be compassionate
- to matter
- to count for something
- to stand for something
- to make a difference
- to leave your mark

So much of what we do or decide to do with our life, our talents, our passions is based on these simple life purposes. These simple purposes are like broad strokes, full of color already present in the portrait that is YOU. You just have to fill in the details - by YOURSELF.

The path to Discovering Your Unique Life

Purpose is really very simple and can be mapped out in seven questions:

If you honestly answer these questions and honor the learning each one contains you will be much closer to living your life with Your unique Purpose, Passion and Absolute Joy.

Your Empowerment, Gratitude and Inspiration begins Now!

The following seven questions will assist you in discovering and articulating your purpose. Be as descriptive as you'd like. And the answer that makes your heart swell up, the point you feel so overwhelmed IS YOUR UNIQUE LIFE PURPOSE.

1. What do I most often give to others?
2. What do I have the most fun doing?
3. What do others look to me for?
4. What am I most often complimented on?

5. What do I do when I lose all track of time?

6. What do the people closest to me say my passions are?

7. What ideas, things, places and/or people am I most inspired by?

Think about all your choices, your decisions, your passions, your desires, your relationships through the lens of these simple questions of purpose and see how clearly you will be able to see your own unique purpose.

But you already KNOW your purpose...You do! Just FEEL your purpose while you try answering these questions. And keep answering these questions everyday, till you are bursting with Life with Purpose with Passion. Many of you might think you already Know your life's purpose, which is awesome if its making you happy. But, answering these questions can still bring about beautiful revelations about your Self. Try it. Who knows, you might discover something new and exciting about yourself :)

## **CHAPTER 3: Embrace Change**

Change here simply means to accept new situations and circumstances. Naturally, we witness change daily. We grow everyday no matter how slow or insignificant it seems and we are to flow with it and not oppose it.

In your newly self-discovered purpose, make new plans, dream big - don't worry about how to make those dreams come true - step your foot on the right path and make sure you don't drift from it. Here are steps to keep your head up and help you embrace that new change:

**1. List and review 3 of the biggest/most difficult challenges of your life:** When faced with big changes, it can be easy to forget that you have been through big changes before. Your life is in constant transition and you will have faced many instances of change. Identify the 2 or 3 biggest changes you have encountered and write a brief review outlining how you coped with that change, how you grew as a result of that change and what you learned from the experience. It is easier to embrace change when you realise that you have successfully dealt with it before.

**2. Break change into small actions:** It is important to know what you are attempting to achieve as a result of the change but once you are clear on that, you need to break the change down into the

smallest actions which you can take and then take one small action at a time. It is easier to embrace change when that change is gradual.

**3. Identify the obstacles:** List the 3 biggest obstacles that you will encounter during the change. For each obstacle, brainstorm as many possible solutions as you can. Once you have finished the brainstorming, you can then start to evaluate your potential solutions for their likelihood of success. You can then take the best ideas and develop a plan for implementing them.

**4. Step away from the problem:** When you see a problem and you feel that you cannot overcome it, you need to step away from it to give your subconscious mind an opportunity to work on it. There are many different ways to do this, e.g.:

- Breathing exercises
- Go to lunch
- A short walk
- Perform an unrelated activity which completely absorbs you etc.

**5. Practice Appreciation:** Every day, find at least 4 things in your life that you can appreciate. Take a moment to appreciate what each of these things does for you e.g. rather than just saying that you appreciate your family; state clearly why you appreciate them

i.e. the ways in which they make your life better. When you take the time to appreciate everything, you begin to see how many great things there are in your life. You will then realise that whatever you are changing, it is only one small part of a wonderful life. Even if something goes wrong, you will still have so much to enjoy in your life.

If you do not have the life you desire, you need to make changes in your life. Change can be difficult and stressful but when you embrace change and recognise all of the good which it can bring to your life; change is no longer frightening. Remember, nothing good was ever achieved without challenging the status quo and making changes. The key to successful change is to embrace change for all that it is worth and move steadily towards your goal. Know that there will be setbacks along the way but you have the ability to overcome these setbacks. [Click here for 4 Ways to Make a Successful Change](#)

## **CHAPTER 4: Reaching the Max.**

Achieving your full potential is about committing yourself to the process of self-improvement, not a single task. Sail your own ocean, and you never know what you might find.

**Define the best version of yourself:** At its heart, achieving your full potential is about being the best person that you can be. Since everyone is different, you will need to define the terms of success for yourself. Therefore, it is important to know yourself.

- Write down your values, strengths and weaknesses.
- Is there something I have ever wanted to do/achieve/accomplish, such as dancing, singing, writing, or playing a sport?
- Have I been thinking I could improve in anyway, such as being kinder, or politer, more assertive?
- Are there any physical aspects of myself I could work on, such as losing weight, gaining weight, or building muscle?

**Set goals for yourself:** Setting goals is an important part of achieving success. Research shows that setting specific goals helps people get what they want. Take advantage of this fact by setting both short and long term goals for yourself.

- Write down a list of everything you want to achieve.
- Check over your list and seriously consider whether or not it is realistic.
- State your goals positively. Instead of “I want to be less worried about my appearance,” write “I want to be confident about my appearance.”
- Be specific. The more specific you are, the easier it will be to define success.

### **Work toward your goal every day.**

Once you have confirmed that your goal is achievable and realistic, get to work. Your goal may take time to achieve, but you have to begin somewhere.

- Commit to the process. When you focus on the process, rather than the end point, you will find it much easier to stay on track.
- Note that your long-term goal does not have to be set in stone, word-for-word.
- Times will change, people will change, and therefore, your goals will change. It's not an exact science, so you don't need to treat it like one. Allow yourself some room to grow.

- Create a checklist of things you should do every day to work towards your goal. Do those things every day without fail.

**Accept your failures:** Setbacks and failures will happen; they're a natural part of life. Failures are simply a way of showing you what works and what does not. They will help you figure out what you are capable of, and what needs work as you move toward achieving your goal(s).

- Do not take failure personally. Failure to achieve a goal does not mean you are a failure as a person.
- Move on. After you have learned from your failed attempt, let the failure go. One way to keep your morale high is to look at any setbacks as learning opportunities. Failing once does not mean you will fail in the future. In fact, having failed, you are now more prepared to succeed the next time.
- Visualize your past successes. This can give you the mental boost you need to get past the stress of your failure.

**Get support:** Whether you are dealing with addiction, obsession, or any crisis, it helps to have external support. This could mean friends, family, coworkers, or buddies at the gym. You do not have to do it alone.

- Tell someone you see frequently about your goals.

- When the people in your life know about your goals, they can help you achieve them and hold you accountable. Sometimes our willpower fails us, but the people around us can help

**Never stop:** Achieving your full potential is a lifelong process. You will achieve many goals along the way, but always stay committed to the process of self-improvement. Our abilities are not static and fixed.

- Even after you achieve your goals, continue to abide by the checklist you created earlier. This will help you continue to progress even further than you thought you could.
- Failure is not absolute. **Samuel Beckett wrote: “Try again. Fail again. Fail better.”** Follow this simple premise and you will be able to continue to work toward achieving your full potential.

### **TIPS**

- **Smile and be positive. It's a phrase that's used way too much, but that's because it's true. Smile at a stranger on the street just once, and your mood will lift. Whether you're on your way to the court or the office, keeping a generally kind and accepting attitude will be inspiring to you and everyone around you.**
- **Know the difference between developing your full potential and achieving it: You'll develop full potential as you find out what it is**

**and how to go about working toward it. Achieving it is doing your best to get as close as you can to the potential you envision.**

## ***CREDITS:***

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