

17 WAYS TO Unleash YOUR POTENTIAL

You grow physically until you reach your peak. Can the same be said for your mindset?

Be positive. If you believe you can't, you won't!

Set high standards. Don't settle for good if you have the potential to be great.

Be courageous. Set stretch goals and leave your comfort zone. If you don't *try*, you forfeit the opportunity.

Make the commitment. Go all in rather than dipping your toe in the water.

Emulate positive role models. Surround yourself with top-notch people.

Be your toughest critic. Before challenging others, challenge yourself.

Identify your shortcomings. Treat feedback as a gift rather than a slap in the face.

Make learning a priority. Find at least one way to get better each day.

Make experience your best teacher. Learn from every experience and adapt your behavior accordingly.

Learn from mistakes. View your mistakes — and the mistakes of others — as a learning opportunity.

Master the fundamentals. Refine your skills by remembering that practice makes perfect.

Be determined. View failures as hurdles rather than roadblocks.

Be strong. Determination is habit forming — so is quitting.

Autograph your work with pride. If you're not proud, you're not done.

Be proactive. If you see something wrong, fix it.

Live with integrity. Choose the *right* path rather than the *easy* route.

Make yourself proud. Determine *who you want to be* rather than *what you want to accomplish*. In other words, forget your to-do list and create a to-be list.

