

5 Dangerous Trends Preventing People From Realizing Their Unlimited Potential

After 1,000s of encounters with people of all ages and walks of life I have come to notice a scary trend facing a majority of them when faced with plateaus in life, regardless of the issue or goal.

I developed and describe this breakdown with the acronym: **M.A.S.S.**
Which stands for **M**indset - **A**ccountability - **S**tructure - **S**ystems.

Attention is needed for full potential when people are lacking:

1. **Strong Mindset:** False self limiting beliefs is the #1 reason for goals not being realized or even worse never attempted.

Don't be a victim to what you might consider societies standard for you to be.
Internalize the process, path & **Neuro Linguistic Programing** needed for continued positive growth.

2. **Personal Accountability:** Not having someone or an outside source hold you to your inner most personal commitments & desires is a very dangerous path to potentially falling short over and over again.

What really drives us deep down inside is usually kept there and never truly shared with any one.
We need to bring these to the surface and connect them to the correlating dots of action you will need to take in order for your true life goals to become a reality. Tracking and checking in is essential for maximum results.
Accountability is one of the true secret weapons of the successful.

3. **Set Structure:** Developing the habits needed to break through life plateaus for positive and permanent change.

It's one thing to know where you want to go but **'how are you going to get there?'** ...and keep it.
"Motivation is what gets you started. Habit is what keeps you going." - Jim Rohn

4. **Reliable Systems:** Leveraging yourself through planned programs, steps, activities and technologies.

Open yourself up to more time for the things you love doing, not forced to do due to lack of preparation.
Maximize your 80/20 rule.

The 5th:

5. **Genuine Rapport:** rapport is used to build meaningful relationships with others to gain their trust and confidence while **providing value with integrity.**

People not only want to do business with people they know, like & trust they also love to be around them.
Learn to communicate to connect and see your potential for influence explode.

Note: This PDF is simply a snapshot and breakdown intended to only introduce you to some of the most common set backs for reaching maximum potential in both your personal and/or business life. All 5 of these items need a more in-depth consultation for personal customization but all of them can be attended to and developed for personal strength and growth. I invite you to consult with me in a complimentary coaching session to discover how we can maximize your true potential. - Joseph K., Certified Business, Life & Time Management Coach.