

Your Highest Potential

Develop A Joyful, Fulfilling Life

Take a close look at your list of goals and desires and reflect on whether these goals are important to you. Are they based on what you think you "should" be doing, or do they originate from your heart's dreams?

Goals that come from your heart can help move you forward into a joyful, fulfilling life. Yet, undoubtedly, your goals will also bring you face-to-face with many challenges. Paradoxically, it is those very obstacles that often prove to be the pivotal turning point in your life, habits, and choices. Use this list of questions to help create a journey that continuously expands the amount of joy and success available to you.

1. Do I make choices in a fashion that expands the love within myself?
2. Do my actions bring more peace into myself, and into the world?
3. Do I motivate myself with excitement and love, creating a joyful process on the way to fulfilling my dreams?
4. Do I take daily notice of my efforts, successes, and achievements?
5. Do my choices allow me to become more self-loving, compassionate, and self-respectful?

A supplement to the book:
Your Highest Potential: The New Psychology of Understanding and Working with Self

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6. Do I connect my goals and actions with my creative spirit?
7. Do I express my gifts and talents when problem solving?
8. What positive self-leadership character traits do my goals help me to cultivate?

Allow a quiet moment to stop and notice your self. Take stock of how wonderful you already are. Who you are is more valuable than what you do. Because of who you are, the people who come into your world are touched and changed. Your very presence effects others. Your worth as a person is not based on your intelligence, your income, or how hard you work. It is enough to be you. The ideas you have, the feelings you possess, the words that live in your heart are the important things. As you move forward with your goals, live life true to your own spirit.

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