

12 Keys to Unlocking Your Potential

by Lisa Mills

1. Identify Your Purpose

Do you know why you were created? Even before your conception, God had a purpose and a plan in mind for your life! Finding that purpose will set you on a path to an incredibly fulfilling and satisfying destiny. Identify that purpose and pursue it with all your heart!

2. Fuel Your Passion

With purpose comes passion. Passion is like a high-octane fuel that will propel you toward your destiny with motivation and enthusiasm. When you have passion for what you are doing, it hardly feels like work. It's pure joy! Tapping into the well of passion and all the motivation and incentive that it brings is a key to unlocking your potential. You cannot run on discipline alone. You need passion to fuel your efforts.

3. Adjust Your Priorities

Life gets busy. It can get so busy that it chokes the time and opportunity for things that matter most. Living a life of purpose doesn't just happen. It comes when you make intentional decisions to make time for what's important. That means you have to set your priorities and remain loyal to them. Sometimes we have to let go of things we *could* do in order to do the things we **should** do, the things we want to do because they fill our hearts with passion and purpose.

4. Identify Your Obstacles

As you travel down the road toward the fulfillment of your potential, you will encounter obstacles. A shortage of funds, a lack of education, or a challenging set of circumstances to overcome. No one has an easy life. We all struggle in one area or another. Obstacles are put in our path to see if what we want is worth fighting for. A key to unlocking your potential is to identify your obstacles and strategize a way to overcome them.

5. Expand Your Knowledge

The journey toward your unlocking your potential is one of growth and learning. Seeing the possibilities, learning from your circumstances, seeking answers you need, asking for help, finding mentors and teachers ... this is all part of the process. The first step is accepting you don't know everything, and open yourself to the process of learning and growing through your journey. The process can be fun and exciting if you approach it with the right attitude.

6. Set Your Goals

You can't hit the target until you know what you're aiming for! Learning to set goals, how to take big dreams and break them down into actionable steps is a key in reaching your potential.

7. Develop Your Plan

Having goals is part of the key, but not the whole of it. You also need a plan to determine when and how you will implement your goals. How will you incorporate goals into your life and make consistent and persistent time to work on them?

8. Work Your Plan

Once you have your plan, you have to do the work! This is the step where many people falter and fail. You can set goals and make plans, but the execution of those plans is the most important part of the process! Your decisions about how to spend your time and energy create your destiny. Only you can give yourself the future you want. So plan your work then work your plan.

9. Summon Your Determination

Dreaming is fun. Work can be tedious and hard at times. Accepting that the journey could be long and the road a little rough at times will help you maintain your determination to press onward. Consistency and persistence are keys to unlocking your potential. Your passion will help fuel you, but at times you simply have to bear down and push through. So as you set off to unlock your potential, summon your determination and carry it with you always through the journey.

10. Adjust Your Direction

Finding your way on a journey that is relatively unmapped is going to result in a few wrong turns. Learning from your mistakes, refining your process, changing as the need arises ... these are not signs of weakness. They are evidence of wisdom and maturity. When you start out on your journey, you will make the best decisions you can with the information you have at the time. But as you move further down the path, you are going to see that you've made some mistakes, and you're going to discover better methods and ways of unlocking your potential.

11. Enjoy Your Journey

The process of unlocking your potential is a journey, not a one-time incident or a destination you simply arrive at one day. You will spend your lifetime working to unlock the full potential God has placed inside you. While it may seem like a lot of work, the process can be a very rewarding and enjoyable one! Ultimately, God wants you to fulfill the plans and purpose He has for your life so that your life will be a testimony of His glory and goodness. Enjoy your journey to unlock your potential!

12. Commit To Your Destiny

If you are truly ready to embark on a mission to unlock your potential and fulfill God's purpose and plans for your life, read the following statement, sign your name, and date it. Save it in a file with your goals and review it each time you revisit and update your plan. Let this declaration serve as a reminder of the vision He's given you for your life, and let it fuel your passion for fulfilling your potential.

Declaration of Commitment:

I embrace God's call on my life, and accept responsibility for the purpose and potential He has placed within me. I accept the challenge to look within, to acknowledge my gifts and talents, to see my value and potential, and to recognize my weaknesses, that I might grow. I agree to co-labor with God, to embrace the mission, and develop the seeds He has placed within me, to bring them to fruition and achieve my potential for His glory!

Signed: _____

Date: _____

*"The purpose of life is a life of purpose."
Robert Byrne*

Let Me Help You Unlock Your Potential!

I love seeing people succeed, and if I can play a small role in their success, how awesome! I consider it a privilege to watch someone bloom and grow into their talents, and it's an amazing honor when they invite me to participate in some way.

I've been privileged to have some outstanding mentors in my life. Since I believe in a "pay it forward" mentality, I try to maintain a willingness to give of myself and help others the way my mentors helped me.

That commitment is what motivates much of my work, and it's why I have put together the following resources to help people succeed.

Join Me On Facebook

I wanted to create a place people could go to find support, encouragement, advice, and accountability as they work on their goals and dreams. If you could benefit from a group like that, please accept my invitation to join the Unlock Your Potential private Facebook group! Message me through Facebook and let me know you read about the group in this book. I would love to add you to the group of people who, like you, are seeking to unlock their potential.

Here's a link to request to join:
www.authorlisamills.com/unlockonfacebook

Get 30 Days of Motivation

Need some inspiration to get you going? I've put together a free service called *30 Days of Motivation!* Every day for 30 days I will email you some inspirational quotes and a motivational message. I've compiled some of the best motivational quotes from the most successful and inspiring people in the world, and I'd love to share them with you. Just tell me where to send your emails here:

www.authorlisamills.com/30days

Unlock Your Potential

I've written a book outlining the principles and mindsets that have helped me create successful businesses and build my career. In *Unlock Your Potential: Fulfilling God's Purpose and Plans for Your Life* I will teach you the secrets to unlocking the potential inside of you.

I believe everyone has a God-given purpose and the seeds of great potential within them, but not everyone knows how to unlock that potential and develop it to its fullest. That's why I've written this book. In it I share the secrets of successful living and practical tips and exercises that will help you to take your dreams and turn them into a workable reality.

Read about:

- ~The secret to generating intense drive and motivation that doesn't fade
- ~A simple method to take a seemingly impossible dream and transform it into a workable reality
- ~Practical guidelines for intentional living
- ~Time management tips that will help anyone be more productive
- ~The often overlooked key to continual success and progress
- ~Living each day with passion and enthusiasm
- ~The satisfaction that comes from living out God's purpose and plan for your life

Each chapter ends with an assignment to help you evaluate yourself, your habits, and your mindsets, adjust and organize your efforts, and coordinate your time and energy to focus in on the purpose for which God created you. By the time you finish the book, you will have a working plan to fulfill your dreams.

More information:

www.authorlisamills.com/unlock

Break Through Your Obstacles

My book "12 Obstacles that Keep People from Fulfilling Their Potential and How to Break Through" identifies 12 common obstacles that hold people back and keep them from achieving their goals. Identify what's holding you back and get tips and tricks to break through!

More information:

www.authorlisamills.com/obstacles

Plan to Succeed 7-Day Kickstart

Need some help focusing in on your vision and setting some goals? I can help! I've put together a 7-day course and challenge based on the system I use each year to narrow my focus, set goals, and get stuff done! This system has taken me from small-business startup to successful millionaire several times over.

We start with evaluation and identification, then move on to prioritizing and goal-setting. By the time you're done, you should know what you're doing, why you're doing it, and how to get the job accomplished. Do you Plan to Succeed?

I Plan To Succeed! Tell me how!

www.authorlisamills.com/plan

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Join My Unlock Your Potential Mailing List and benefit as I share all the resources and tips I come across that can help you succeed.

Send Me Email Updates!

www.authorlisamills.com/potential