

REALIZING YOUR POTENTIAL



MOVEMENT SKILLS FOR LIFE

ZONE #4

PLAY BOOK

REALIZING YOUR POTENTIAL

"ALL YOU ARE CAPABLE OF BEING AND BECOMING"

Think of all the inventions that have been created and developed down through the ages. Everything has a purpose for being here. Think about it. Listed below are some inventions in the field of communication. They have benefited you and improved over time.

TO THE SIDE OF EACH INVENTION - LIST THE PURPOSE OF THE INVENTION!



Printing Press - _____



Telephone - _____



Television - _____



Internet - _____

YOUR PURPOSE

Every person has a purpose for being on planet earth. Understanding this will allow us to look at our friends, and family with a proper perspective. It will allow you to never feel inadequate or look down on others.

Purpose may also change over time. Your purpose as a child may be different than your purpose as a teenager or an adult. Throughout your life you will have purpose that revolved around:

- **WHO YOU ARE.**
- **WHO YOU ARE INVOLVED WITH**
- **WHAT YOU LEARN AND CHOOSE TO LIVE OUT**
- **HOW YOU REACT TO YOUR CIRCUMSTANCES**

Your potential is very closely related to your purpose. The desire to achieve your potential is a necessary path you must walk to enter into the **CHAMPION ZONE.**

HAS ANYONE EVER DISCUSSED WITH YOU HOW TO REALIZE YOUR POTENTIAL? Yes or No (circle one)

If you answered yes - give a brief answer on how to do it!

HOW TO REALIZING YOUR POTENTIAL

**THINK OF 4 ROADS THAT ARRIVE AND INTERSECT AT
THE SAME POINT – THE NAME OF THE INTERSECTION IS:**



To get to POTENTIAL, which is your destination point, you must travel down each road at various times during your life. Each road must be traveled to reach POTENTIAL. You have to learn what each road brings and travel down that road until you arrive at the intersection point. **KEY TO REMEMBER - you can't "speed" and get in a rush. The trip takes time, so you have to practice patience and be consistent.**

It is very important not to let your emotions take you off the road and veer you into the ditch. If you do, it will be difficult to arrive at your potential. Take a look at the diagram above and then we will discuss each road you must travel.



Part of what you want to do is recognize and accept the talents that you have been given. Everyone has a gift, sometimes we need to find it and develop it. Your talent is something you do well. You might feel that's it's "easy", or has a certain "flow" when you do it. It might be music, art, math, sports or a number of other things. MAKE A LIST OF 3 THINGS YOU THINK MAY BE YOUR TALENT:

1. _____
2. _____
3. _____

Who do you believe can help you discover your talents and gifts? Think of someone you trust. This is someone who can help you discover your talent.

CHAMPION ZONE PRINCIPLE:

**Find a Mentor That You Trust & Ask
Them for Help in
Reaching Your Potential**



"A DESIRE AND DRIVE TO USE YOUR TALENT"

Motivation is the passion to use what you have. It is the fuel you need to take your talent and exercise it - use it! You have to practice in order to get good at anything. Motivation is what you apply when it is practice time.

WHAT MOTIVATES YOU?



CHAMPION ZONE PRINCIPLE:

**Sometimes You Will
Have to Provide
Your Own Motivation**





"A GOOD CHANCE FOR ADVANCEMENT OR PROGRESS"

It is of utmost importance for you to take advantage of the opportunities that you are given. Opportunity will come to you in one of two ways.

- 1. Somebody will provide or give you an opportunity.**
- 2. You will have to look for that opportunity yourself.**

For example, a track athlete needs a track or place to run in order to take his or her talent and put it to use. Think of ONE OPPORTUNITY to put your talent to work!

CHAMPION ZONE PRINCIPLE:

**Sometimes You Have to Ask Someone
for an Opportunity. Opportunities Do
Not Always Show Up On Your Doorstep**



"SOMETHING YOU PERSONALLY ENCOUNTER THROUGH PARTICIPATION"

Experience always involves time. The experience you gain by using your talent is the way to improve it and get better. You learn and grow through experience. Experience will always involve success, fear, and failure, but you will never realize your potential without it.

There are a lot of people who give up and quit when they experience failure. CHAMPIONS DO NOT DO THIS. CHAMPIONS GET BACK UP AND PUSH FORWARD!

Experience requires a lot of work - DON'T GET DISCOURAGED! All Champions have gone down the same road. ASK SOMEONE YOU LOOK UP TO ABOUT THEIR EXPERIENCE AND THE ADVERSITY THEY FACED TO GET TO THE TOP!

CHAMPION ZONE PRINCIPLE:

**Take Your Talent & Be Motivated To
Use It. Look for Opportunities To
Gain Experience & You Will Be
Developing Your Potential**

CHAMPIONS VOICE TO ELEVATE2GREAT

"Focusing your life solely on making a buck shows a certain poverty of ambition. IT asks too little of your self - because it's only when you hitch your wagon to something larger than yourself that you realize your true potential."

PRESIDENT BARAK OBAMA

"Continuous effort - not strength or intelligence - is the key to unlocking our potential"

WINSTON CHURCHILL

"Leadership is unlocking peoples' potential to make them better."

BILL BRADLEY

"To me, the function and duty of a quality human being is the sincere and honest development of one's potential."

BRUCE LEE



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