

7 Habits That Are Keeping You From Meeting Your Full Potential



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Danielle McCurdy Coaching
"Everyone has inside ... a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!"

- Anne Frank

I've coached and mentored....

Hundreds ambitious women and men since 2004 in difference capacities that were looking to totally up-level for more success in business, professional career, personal life or health.

No matter what the circumstances, I discovered that a similar pattern emerged with each individual.

The pattern indicated areas that most didn't want to focus on - maybe because it was uncomfortable, did not seem to relate to the challenge at hand or appeared to be unimportant.

This is a huge error. Everything in life is interrelated - nothing is independent or random.

My clients typically find that as we focus on one specific area [that appears to be isolated] then other area(s) start to improve.

Here I share with you 7 of the habits that may be holding you back from meeting your full potential. These are applicable to relationships, business, career and/or health.

I have these requests: As you read this, keep an open and honest mind, be kind to yourself and coachable.

**AS YOU READ
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COACHABLE.**

Have you ever ...

7 HABITS THAT ARE KEEPING YOU FROM MEETING YOUR FULL POTENTIAL

Scrolled social media and felt inadequate, envious or even jealous as you see others' doing, achieving, experiencing...? Did you wonder why and how you got where you are?

Do you set goals with the absolute best of intentions and then, inevitably, not meet them? Does the process repeat and you simply wonder what is the answer to finally moving forward and achieving these goals?

Now is the time for you to stop where you are, pivot and move in a different direction. ..that leads you to hitting your full potential.

Your potential is always there and it is never too late to tap back into it. Only YOU define your greatness and YOU are the one that will gauge where and how it is expressed.

You have the chance to redefine your life whether it be financial, relationships, career or wellness.

You do not have to accept mediocre.

You don't have to make excuses for wanting more from life.

Now it is your turn. It's your time to break open your potential. But, first, you need to get out of your own way.

Read on for 7 of the most common ways that may have you feeling average.

The 7 Ways...

You have heard these famous words: You are the sum of the 5 people you surround yourself with.

Guilt by association.

So, I ask you: Who are you hanging out with?

Do they fire you up? Do they uplift you, encourage you and inspire you?

**YOUR
CIRCLE OF
INFLUENCE
IS ALL
WRONG**

Do they share your vision?

Along with the people you are around - question the people you look up to? What have they achieved or what is their vision that lights you up?

The people in your life are strong influencers. They will affect your thoughts, actions and results.

DO: Choose your circle wisely. Drop the toxicity. Mindfully and strategically choose the right people. Even if, as a start, it is the audiobooks and podcasts you consume.

DON'T: Settle for an uninspired, unsupportive tribe.

The 7 Ways...

You actively or passively partake in self-sabotage. You stop yourself, one way or another, before you succeed. This can affect daily life or long-term goals.

You may feel like you are truly your own worst enemy!

It is said that self-sabotage comes from opinions of others directed at us as children by peers, caretakers or parents. We internalise it and often carry those beliefs with us into adulthood - consciously or subconsciously.

**YOU
PRACTICE
SELF-
SABOTAGE**

Identify where you fall short of your goals - where you truly know you are getting in your own way. It may be difficult but put pen to paper and make a list. Look for commonalities in circumstances, thoughts and feelings.

Without judgement of yourself or the past, identify what initiated these thoughts. Challenge those thoughts and beliefs and create new, deliberate one as a replacement.

DO: Take action on the areas of self-sabotage that you identify.

DON'T: Think that you will be able to full tap into your potential without kicking self-sabotage to the curb.

The 7 Ways...

Lack of self-discipline comes in many forms and is often misunderstood.

Self-discipline is not only what you say 'no' to but also what you say 'yes' to!

This is so easily identified with a health regimen. You say 'no' to skipping the gym and go. You say 'yes' to healthy meals.

And then ... you say 'yes' to a treat. You 'deserve' it! You've worked hard.

**YOU HAVE
NO**

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SELF-DISCIPLINE

One of the best ways to identify your lack of self-discipline is to plan your actions 24 hours ahead. In the same scenario, plan workouts, meals and treats at least 24 hours ahead of time. Do you stick to it?

DO: Set goals and get it done. If you can't make heads or tails of where / how to start, look online for goal setting guidance or seek help from a trusted friend or a professional coach/mentor.

DON'T: Excuse your way out of what you committed to do. **SHOW UP** for your commitments just as you would for your highest paying client or most esteemed and valued friend in the world.

The 7 Ways...

What drives your actions and decisions? Is it for others or is it really intrinsically because you believe in it?

Wanting to please or get the approval of others is truly a barrier to success and your full potential.

When you are driven to people please, you are putting others' needs above your own! Your achievements are more for others than yourself.

**YOU ARE A
PEOPLE
PLEASER**

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Ask yourself - are you doing this for you or for others'? Do you really want this or is it to seek the gratification of another person. Be honest.

DO: Take pride in what lights you up.

DON'T: Let others' values or opinions drive what you do with your gifts.

The 7 Ways...

Do you believe that the sky is the limit to your potential and what is possible?

Or, do you have a self-imposed glass ceiling.

What you believe is possible is exactly what you will achieve.

Dream it. Believe it. Create it.

Look around your house or your city and see the wonderful, beautiful gifts of art or technology - the mobile phone, the TV, art, masterpiece novels - that came about from others believing in the impossible. These are the people that dreamed big and did not take 'no' as an answer. They did not accept failure.

DO: Seek out content and people that share your belief in the possibility of the impossible. Find the do-ers, the dreamers and don't let go.

DON'T: Let your current circumstances diminish your dreams or thoughts of what is possible.

**YOU HAVE A
SELF-
IMPOSED
GLASS CEILING**

The 7 Ways...

Perfectionism is a massive blocker to your output, your potential and your success.

Perfectionists often get overwhelmed and this causes the inability to move forward with goals. Iterations of content, overwhelm, frustration, dismay lead to paralysis. You don't progress and don't achieve your goals.

By learning to put out less-than-perfect work, you will improve as you move towards your goals. You will have the ability to learn from your mistakes and really employ continuous improvement.

**YOU ARE A
PERFECTIONIST**

Keep in mind that being a high performer with high standards does not need to make you a perfectionist.

DO: Adopt a mindset of progress NOT perfection.

DON'T: Wear the badge of perfectionist as an honour. The cool kids are reformed-perfectionists!

The 7 Ways...

We are all self-made in our own essence - one way or another.

However.

There are limits to what we can accomplish on our own: financial, length of time, reach, magnitude... you name it, we all need help.

Professional athletes all have coaches. They did not get to their level without the help of experts for guidance, accountability and coaching.

**YOU NEED
MORE HELP**

Having a professional on your side will help you to increase self-awareness, identify blindspots, note mistakes, strategise and create better habits.

DO: Find help and support that will call you out when it's needed, challenge you and, overall, help you continue the journey to your goal.

DON'T: Do it alone.

What's Next?!!

Did at least one of these points resonate with you?

GOOD!

So...what now? Awareness is amazing but do not stop there. You **MUST** take action on this newfound knowledge.

What is done with knowledge has a very direct correlation with making lasting, impactful changes.

Change is uncomfortable and difficult yet it also opens doors you could not even imagine.

As a coach, I have helped ambitious individuals for years tap into potential. The road was not direct as imagined because we always start with building a strong foundation - reprogramming certain habits and/or beliefs as a launch pad.

When you commit to your success in a truly authentic way, you start to see the possibility of the life of your dreams.

Are you ready to tap into your full potential and stop accepting 'enough'?

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**TAKE
ACTION NOW**