

DID YOU LIVE UP TO YOUR FULL POTENTIAL TODAY?

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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**DID YOU LIVE UP TO YOUR FULL POTENTIAL TODAY?**

**By Rhoberta Shaler**

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Can you ever know if you are living up to your full potential? There are some indicators that can help you to determine the answer.

If you go to bed happy every night, satisfied with your accomplishments, you may well have lived up to your full potential for that day. There is a big difference between over-extending and fully extending yourself, isn't there? Our culture pressures us to over-extend. This simply leads to dissatisfaction and unnecessary stress.

It's completely out of hand, this craze to do more and more. We've become caught somewhere between the wisdom of 'knowing our limits' and the pull of 'limitless opportunity'. How can you know what's best for yourself? You know what is best when you can honestly say each evening that you have attended to what's most important to you each day in some way, when you can look back on your day and say, "Yes! It was a good day!"

Some folks do comfort themselves with false information, though. When you make someone else responsible for your thoughts, feelings and actions, you are giving yourself false information. No one can make you feel a particular way. Their words or behavior can elicit that feeling but they do not MAKE you feel it. You must take responsibility for your feelings as they arise. Folks who give their power away will never realize their potential because they never take responsibility for it in the first place.

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That's not you, though, right? You know your priorities and insure that your focus remains clear. You know what you can and cannot do right now as well as what you will and want to do next. Yesterday I was having lunch with a speaking colleague. He said that he wondered if he was living up to his potential currently because he was unwilling to fit all that was possible into every day. Should he really be creating product in those late hours after his children have gone to bed? When he asked for my input, I told him that I try to remember that I CAN have it all, I just cannot have it all at the same time. When children are young, they need to be our focus. When they grow up, the focus may turn to other more personal pursuits. There is

a good time for everything. You cannot squeeze a lifetime into one day. Some things are well saved for ten years from now.

Living up to your full potential is a daily opportunity. When your priorities are clear and your time and energy are focused, you cannot help but live up to your potential. You decide. That is where your power resides.

Rhoberta Shaler, PhD Keynotes, Seminars & Coaching for entrepreneurs & professionals who want the motivation & strategies to achieve, to lead and to live richly. Creator of the Living Richly™ Program Host of Living Richly™ on [www.wsRadio.ws](http://www.wsRadio.ws). Author of OPTIMIZE Your Day! Practical Wisdom for Optimal Living Optimize Life Now! San Diego, CA [www.OptimizeLifeNow.com](http://www.OptimizeLifeNow.com)

### **No Ifs, Ands Or Buts**

**By Pat Pollina (aka PCNana)**

If we could choose right now, this moment, how we would live,

And,

Knowing, that the only way we could live the way we choose, is to be who we truly are...

Would we?

Your true self – do you know your true self?

Here's a secret: who you truly are is a wonderful, warm, remarkable person, caring, kindhearted, unselfish and giving. Say hello, then become best friends with yourself. See only that which is good and you'll like yourself and never mind being alone.

## DID YOU LIVE UP TO YOUR FULL POTENTIAL TODAY?

You'll never be lonely if you're true to yourself.

Knowing this – realizing the wonder and potential of YOU...

Would you commit yourself to a goal? Would you consciously feel each step you take, and honestly enjoy every footprint you make along the way?

Never mind the rainbow at the end of the pot of gold, or is it the pot of gold at the end of the rainbow? Never mind it. Enjoy the moments as they arrive, the colors of that rainbow, the green grass under your feet on the road of your journey, how you'll cherish the feel of that gold (or goal).

If you think hard enough about it, isn't the journey itself the true adventure? More so than the arrival at your destination. And, if so, then why not just enjoy the anticipation of the present moment as it melds into the next moment, and the next, and on into infinity. Isn't this the way we can connect to all of life?

Now, if you would truly enjoy the journey, And, yes, take each moment as it comes, then you would be choosing how to live, each moment would be your choice.

Isn't that what Life is all about? We don't have yesterday. It's gone forever. We can't change the past. We have no control over it

Tomorrow is not in our power to perceive or conceive. We can think about it, plan for it, but why do we? We do not know how we will act tomorrow, until it becomes today.

We do not need to worry about any emergencies or situations that might come up tomorrow. We can only deal with what we are given today.

The only way you can make today reach into tomorrow is to make this day a success, by doing all that you can, all things great or small, important or trivial, in the best way you can.

Today is the day.

This is the moment.

Live it

with no ifs, ands or buts!

Pat Pollina is a member of LEAP, since March 2000, has grown to love the Internet, from being a complete newbie to publishing her own newsletter. Pat, also known as "PCNana," cordially invites you to subscribe to her newsletter at

Create ~ Don't Compete! Pat's Premier Web

Site Address:

DID YOU LIVE UP TO YOUR FULL POTENTIAL TODAY?

No Ifs, Ands Or Buts

Yesterday, Today, and Tomorrow

You Can Balance Your Life in just 20 Minutes a Day!

The Kidney Foundation Promotes Healthy Choices

Fear the Future? Don't.

Webcam Watcher

101 tips to stay fit and live longer.

ScrollPops

Insider Secrets to Flea Market Profits

Money Saving ideas



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