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# 101 WAYS

TO UNLEASH YOUR  
**POTENTIAL**

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*by Kevin Eikenberry*

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# HOW TO USE THIS BOOK

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This short book is a celebration of human potential and is designed to give you ideas, techniques and ways to help you further unleash the magnificent potential that is inside of you.

What follows is what is promised by the title: 101 different ways to help you unleash your potential. Some will remind you that your potential is there. Some will help you grow or develop that potential. Some may seem silly or trivial, and some may seem hard.

All of them were selected with the purpose of helping you continue to grow and mature towards what is possible for you. Not all of them will feel comfortable to you. You can, of course, skip or ignore any of them. I would however suggest that you try some of them that seem the most unusual bizarre or strange. These may hold the greatest lessons for you.

You may decide to read all 101 right now. You might read and try one each day, or you may skip around randomly. However you want to do it is fine – this is now your book!

My only advice is to use these ideas. Do what is suggested then reflect on your experience and the lessons it holds for you. The suggestions on the pages that follow will help you create a shift in your capacity and productivity, and yes, help you unleash your potential.

I wish you great success!

Yours in Learning,

A handwritten signature in green ink, appearing to be 'Kevin', with a stylized flourish at the end.

Kevin

FOR ANY SITUATION

**ASK  
YOURSELF**

“What would I do  
*differently*  
next time?”

RECOGNIZE  
YOUR  
*value*

ASSUME  LESS  
**ASK MORE**

hahahahahaha

hahahahahaha

hahahahahaha

hahahahahaha

hahahahahaha

hahahahaha **MORE**

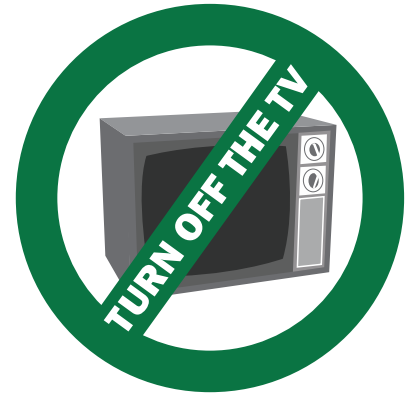
hahahahahaha

hahahahahaha

**Set a new**

*learning*

**goal** - - - - -



*Take up a new*

**HOBBY**

*Something you've  
always been drawn to.*

*Listen to Mus*

**INSPIRES**



**DO**  
**SOMETHING**  
**YOU LOVE**



*Let go of*





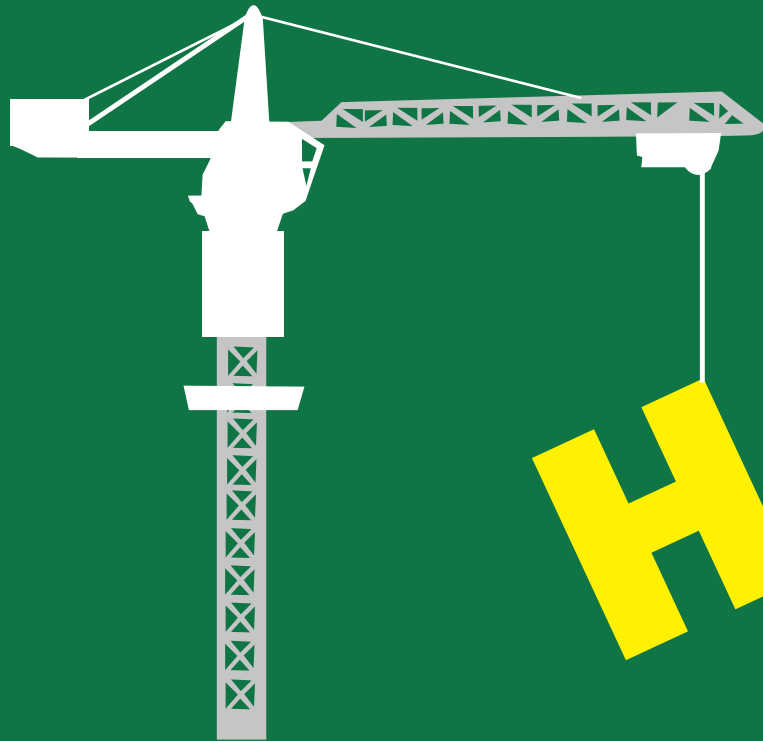
*Find a*  
**MENTOR**



*Be a*  
**MENTOR**

**STOP**

**P r o c r a s t i n a t i n g**



ask  
**HOW?**

# FORGIVE

someone

FORGIVE

“ ask **?**  
**WHY** ”

“ ask **?**  
**WHY** ”  
**not**

**UNEXPECTED**  
*the* **UNEXPECTED**



*Expect a miracle*

*Listen to the*  **music**  
*of your childhood*

*Do a crossword*

68	P	U	Z	Z	L	E
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Be

**BOLD**

today

*Sit down and*

**Play a Piano**

*for 15 minutes*

*Even if you don't know how*



start a  
question  
collection

*Build a new*

**RE  
LATIONSHIP**

**STOP**

*doing something that you hate*



*Be quiet  
with yourself  
and your thoughts  
for one hour*

READ







**Read a biography**  
of a person you admire

**exercise**  
**exercise**  
**exercise**  
**exercise**  
more

**eat**  
**LESS**

**TRUST**  
**OTHERS**  
**OTHERS**  
**OTHERS**  
more

*Commit to reaching*



*one specific*

**GOAL**

# *Pray or meditate today*

PLAY YOUR  
**FAVORITE**  
CHILDHOOD  
GAME



spend an hour  
*listening*  
to someone at least



*15 years older  
than you*



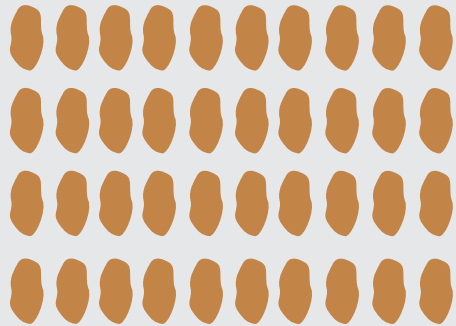
**Start a new i**



*Brainstorm at least 40 ways to use a*

# POTATO

*Yes, 40. Really.*



*Learn how to*



*Or teach someone else  
if you already know how*

*Read something  
**spiritual**  
every day  
for a week*



***Empathize**  
with someone  
today*

**TRUST**  
*yourself*  
**more**



**Volunteer**  
  
*your time and talents*

**write** 100 Goals  
& Dreams

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Break a  
**RULE**

change a  
habit

habithabithabithabit  
habithabithabit  
habithabithabithabit  
habithabithabithabit  
habithabithabithabit  
habithabithabithabit  
habithabithabithabit

*See it from their*

**PERSPECTIVE**



**ASK!**





*make a*

**DECISION**



*Spend one hour  
learning  
about someone else's*

**JOB**

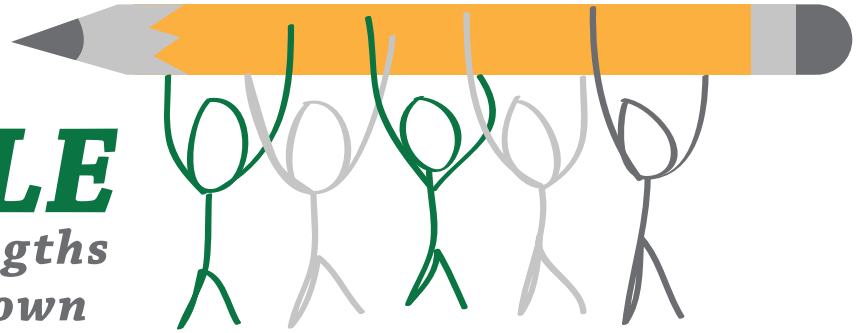
**CLEAN**

*your Desk,  
Office  
or Closet*



# ASK 5 PEOPLE

*to tell you your biggest strengths  
and write them down*



## READ

*your  
List of strengths*



*every day for a week*

*Consciously work  
to strengthen  
one of those strengths  
for a week*



# SCHEDULE

time

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for

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x

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READ  
to a  
CHILD



Reflect on your  
favorite c

smell

*Do a*  
**Sudoku**  
*puzzle*

1	6	4						2
2			4		3	9	1	
		5		8		4		7
	9				6	5		
5			1		2			8
		8	9				3	
8		9		4		2		
	7	3	5		9			1
4						6	7	9



# ASK “What am I **BEST** at?”

*Look at photos of yourself as a kid*



*and remember  
your kidhood  
dreams*

*Simplify*  
*one thing in your life*

*Ask 10 people  
how they got into their*

# CAREER



*Read  
Oh, the Places  
You'll Go!*

*by Dr. Seuss*

# HUG

*someone you care about  
and feel the energy  
that transfers to you*

# Do something for a neighbor

*without them  
finding out  
it was you*

*Plant a seed  
or tend a garden*

Play ??????????????????????????????  
**20 QUESTIONS**  
*with friends and family*

***Today...***

***Read only the***  
**COMICS**

*Consider what  
you can learn*  *from a*

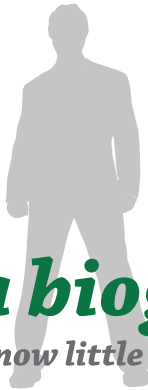
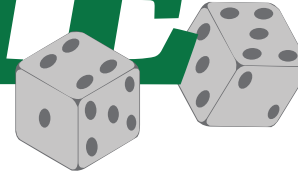
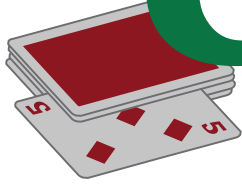
# **Maple Tree**



*Close your eyes and imagine  
eating a piece of apple pie  
using all of your senses  
until you can taste it.*

*thank you thank you thank you thank you thank you  
thank you thank you thank you thank you thank you  
thank you thank you thank you thank you thank you  
thank you thank you thank you thank you thank you  
thank you thank you thank you thank you thank you  
thank you thank you thank you thank you thank you  
thank you thank you thank you thank you thank you  
thank you thank you thank you thank you thank*

*Play a new*  
**GAME**



***Read a biography***  
*of someone you know little or nothing about*

*Become a*  
**CONNOISSEUR**  
*of something*







Be more

**CURIOUS**



~~impossible~~



Be a better

**FR**  **END**



*dream*

**BIGGER**

At the K  
Your Lea  
you with the to

To lea

**Your Leadership  
Button**



**102 WAYS**  
TO  
**POTENTIAL**