



CHAPTER **1**

HOW TO SEE WHAT YOU CANNOT YET SEE

1. Write down your answers to the following questions:

Why did I pick up this book?

What excites you the most about moving forward?

2. Think about events in your life that did not go as you planned and yet taught you tremendous lessons you will always remember. Name the events and the lessons.

NAME

LESSON LEARNED

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When you hear the word “potential”, what comes to mind?



CHAPTER

2

HOW DO YOU SEE YOURSELF?

1. List ways you will try to drown out any negative voices in your head.

2. While staying positive now, ask yourself the question, “Who am I, really?” What positive thoughts come to mind?

3. Think about your name and what it may reveal about who you are.

What is your name? _____

Is there any significance behind your name? _____

What does your name mean to you? _____

What do you think of when you hear your name said aloud? _____

What are some of your other names (father, daughter, aunt, neighbor?) _____

What does your name say about you? _____

What would you like your name to say about you? _____



4. Write down your answers to the above questions revealing your DESIGN.

DESIRES: What are you passionate about? What would you love to do more often if you were able? What are your top three to five dreams for your future?

EXPERIENCE: What are some past achievements that open up doors for your future? What are some past hurts, disappointments and lessons learned that could be used to open up avenues for potential future successes?

SKILLS: What talents and abilities come naturally to you? What current strengths or skills would you love to develop to the next level?



IDEALS: When you look at the world around you, what breaks your heart or makes you angry? What beliefs or values do you have that are unwavering?

GIFTS: What abilities, resources or circumstances do you currently have that seem more like blessings than deserved rewards? If you could excitedly give something back to this world, what would it look like?

NATURE: How would you describe your personality? This would be a fantastic opportunity to seek out and take a personality test. If you want to see potential within yourself then it will help to see some of the potential that is prewired within your own personality.



5. Write down your answers to these questions while picturing the ideal version of you. If you are creative, draw a picture, cut out images from a magazine or use some other art medium to answer these questions. Have open space ... "THE IDEAL ME"

What is the ideal facial expression of the ideal you?

Are you happy? Peaceful? Hopeful?

Is your facial expression the result of something you have accomplished, something you are regularly doing, or something which you have left behind?

What does the ideal you do with your time?

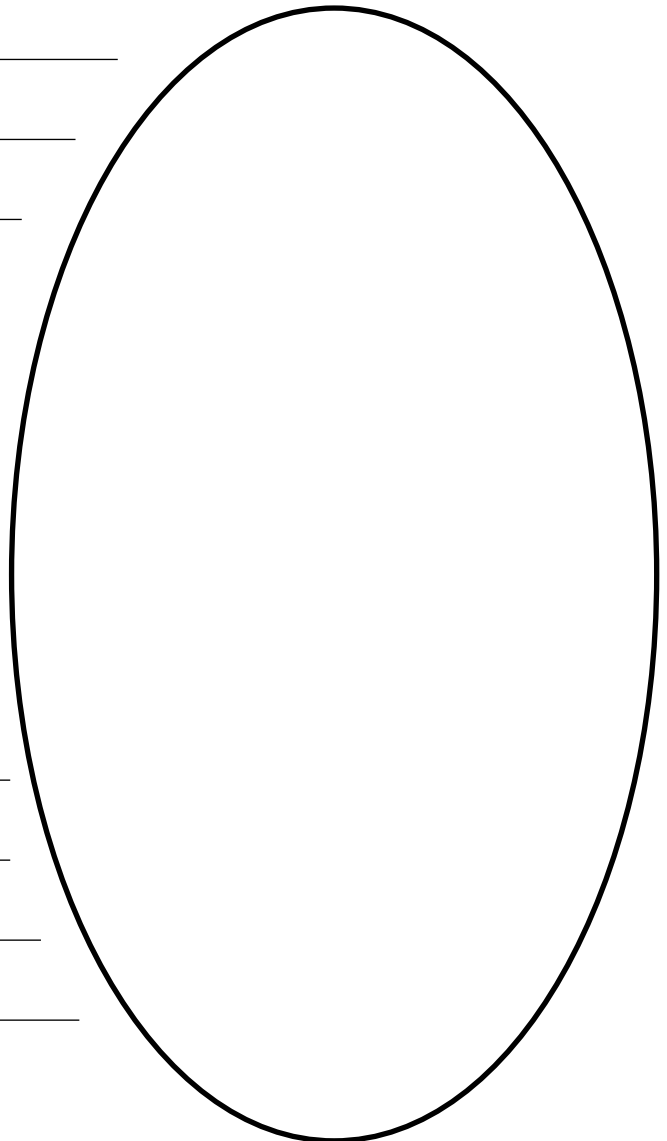
What kind of relationships does the ideal you have?

How does the ideal you contribute to the world?

What kind of legacy has the ideal you built?

A picture of the IDEAL ME

Horizontal lines for writing answers to the questions.





6. Note any possible goals revealed or potential steps you find within the tension of who you currently are and who you desire to be. Look for dragons worth riding. List your dragons.



CHAPTER 3

HOW DO OTHERS SEE YOU?

1. What positive observations about you have others shared with you?

2. Think about the people who helped you get this far. What are their names? How have they benefited you?

NAMES

BENEFITS

Would it be beneficial to pursue a further relationship with any one of them at this stage of your life? Why?

3. Think about your current relationships, friendships and acquaintances. Include those you would like to get to know better.

Next to the list of names of wise people, identify who is (or could be) before of you, beside you and behind you.

NAME

_____	Before	Beside	Behind (circle one)
_____	Before	Beside	Behind (circle one)
_____	Before	Beside	Behind (circle one)



4. Fill in the grid with those currently behind, beside, and before you.

BEHIND  BESIDE  BEFORE

Observe any gaps in your grid. Who can you ask to fill in the gaps of your strategy?

Who meets the CLEAR requirements for a healthy and helpful relationship with you?

Write out the details of your plan to ask him/her to join me in my journey:

When? _____

Where? _____

How? _____

C - connect
L - learn
E - excited
A - authentic
R - reliable



CHAPTER

4

HOW DOES GOD SEE YOU?

1. Think about how much is unknown about the universe and how much is unknown about the micro universe. Think about the complexity of you. How much of you is still unknown to you? What amounts of powerful potential could possibly be tucked into your design? Write down your thoughts and feelings.

2. List some common traits you see within every human being. What kind of potential does this create for you?

COMMON HUMAN TRAITS

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POTENTIAL FOR ME

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3. Write down attitudes or actions you are repetitively doing that could be hindering the revealing of potential in your life.

What could you do to diminish these behaviors and open yourself up to more positive possibilities?

4. Ask yourself, "What is the best next step for my future?" Now, contemplatively ask, "What does my heart tell me? What does my head tell me? What does my gut tell me?" Write down your

HEART TELL ME

HEAD TELLS ME

GUT TELLS ME

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What common thread of ideas do you see?



CHAPTER **5**

HOW TO KEEP YOUR EYES WIDE OPEN

1. Write your answers to the following questions:

Out of the four guidelines, which one feels the easiest to implement and why?

Out of the four guidelines, which one feels like the most difficult to implement and why?



CHAPTER

6

NOW I SEE. SO, WHAT NOW?

1. Decide which of these three insight methods will be the first you want to develop further: how you see you, how others see you, or how God sees you? What steps will you take in the next three days to move forward in your prioritized method?

2. Write down any stirring dragons you sense within. What potential have you spotted so far? What do the powerful possibilities look like for your life?
