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# Foreword

In discovering this hidden potential the individual can broaden their endeavors both in their personal life and in the work environment. The changes that become evident are both physical as well as mental.

There are many techniques in the world today that teachers or helps an individual find and use their hidden potentials.



## ***Conquering The Cranium***

Master Your Mind And Unlock Your Hidden Potential With This  
Roadmap To Success

# Chapter 1:

## *All About Your Hidden Potential*

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### **Synopsis**

A lot more can be done and achieved if this hidden potential is tapped into. Fortunately for some unforeseen circumstances often force these hidden potential to surface. In doing so it usually surprises the individual and those around.



## **The Start Point**

These methods may range from self help books, techniques, or seminars while there are also exercise regiments that can contribute to the end too. Besides this there are also mind techniques that are explored for the same reasons of finding and releasing the hidden potentials in people.

The simplest way of finding the hidden potential in an individual is the expose the said individual to as many different possible scenarios as possible.

These different circumstances will eventually show the various hidden capabilities of an individual which would otherwise never been known. The same concept also applies to groups working together.

When faced with a problem that could stagnate a project the resources and abilities shown by the group to overcome the stagnation can sometimes be phenomenal.

These hidden potential can also allow the individual to grow in a positive manner and bring about progress and success in his or her life. in most cases the discovery of the hidden potential can come as a surprise but not totally incomprehensible as there is always that extra energy or wisdom the body reserves subconsciously for such possibilities that may present itself.

In discovering this hidden potential the individual can broaden their endeavors both in their personal life and in the work environment. The changes that become evident are both physical as well as mental. Those around the individual who has just made this discovery about themselves also benefit from the example and results seen and may even be spurred to try to find their own hidden potentials.





# Chapter 2:

## *Re-think Your Goals*

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### Synopsis

There are times when a person reaches a certain stage in life when he or she needs to take stock of what they have achieved up to that point. Very few can successfully attest to the fact that they have achieved all they set out to do. Sadly this makes up a large percentage of the people who just try to get by in life.



## **Goals**

There is also the group that has abandoned their goal somewhere along the line for various reasons. There are also people who just speak and think about their goal but do nothing physically to help move towards achieving the said goal.

All three different scenarios would suitably call for the rethinking or reevaluation of the goals. In setting a goal that is too unrealistic or unattainable the goal reaching process is already sabotaged even before it has begun. Therefore in rethinking the goal a lot of beneficial changes can be made and the individual can be directed back to being focused on achieving the goal.

The actual physical changes that happen in an individual's life may call for the rethinking of the previously set goals. Physical problems, medical problems, stress and many others can cause a goal to be derailed or abandoned. Having to start a family and then having to cope with the family expansion is another popular reason for having to re think goals. Some things have to prioritized while others needs to be shelves altogether, thus the exercise of rethinking goal should ideally be practiced several time in a person's life.

In exercising the chance to rethink goals the individual can also learn to tap into the things learnt through life experiences as these may benefit greatly in creating a more focused and realistic and achievable goal setting.

# Chapter 3:

## *Have A Look At Your Talents*

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### **Synopsis**

Most people don't bother with trying to define their talents for fear of being a failure. This of course is a detrimental way of thinking even if it only affects the self. Sometimes it requires an in depth and honest search of one's self to make these discoveries come to light.



## **Your Gifts**

Some talents are so obvious in the individual's life that the individual is totally unaware of them. Being able to do something unusual naturally and easily is one way to classifying a talent. Perhaps taking a good hard look at one's capabilities will be able to set the stage for the discovery of the inner hidden talent.

Listening to people's expression of amazements at something thought to be trivial is another way of realizing the talent potential within an individual. Things that the individual takes for granted can actually be a talent that the individual possess. These talents may not be earth shattering but they are talents all the same.

Finding and capitalizing on the strengths available to the individual also help to enhance the already every present talent potential. This can be fairly easy as the potential is already evident from within all it takes is a little push in the right direction.

Talents are usually associated with doing something well and something that the individual enjoys doing. When these positive elements are present the talent that surfaces will come easily.

If the talent is not evident that taking improvements classes also encourages the individual to tap into potentially evident talents. Sometimes it takes a certain amount of adventure in trying new things before a talent is discovered. A lot of people tend to "suddenly"

discover the talents which were there but previously untapped. Therefore having the open mindset to try anything and everything may bring about the pleasant discovery of an unknown talent.



# Chapter 4:

## *Dream Big*

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### Synopsis

Dreaming big does really require any real physical effort it just takes a lot of mental effort. However if the dream is to become a reality then both the physical and mental faculties need to work together to bring the big dream to reality.

Some people like to talk big and dream big but don't do anything physically to make it happen. Those who are focus on achieving the big dream try a lot of different things to make the dream come true.



## **Accomplishing**

Some efforts may require trying to actually work in the environment that would be similar if not the same of the dream. In doing so one would not only gain an insight as to what are the expectations towards the realization of the big dream but it also means that the individual is now on the way to realizing the big dream.

There are quite a few people in the world today who are very successful because of their ability to dream big. These people not only had the ability to dream big but they also had the zest and drive to see the dream come to reality. In order to be able to achieve these big dreams the goals set in the process should also be befitting the big dream hence the big goals too. That way the individual is aware of the commitment rate for the very onset of setting out in the quest to achieve the big dream.

Big dreams are usually made possible through the vision, passion, zest the individual has or is prepared to extend and tap into. Without these elements to push the individual to success the big dream may just stay that, a big dream. Other time is may require a more drastic change like changing the mindset altogether in order to not only dream big but to also work towards making it a reality.

# **Chapter 5:**

*Think Positively*

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## **Synopsis**

The mind set of an individual is always the key ingredient in making something a success or making it a failure. Training the mind set to stay positive always is a very good style to use in life both professionally as well as personally.





## **Upbeat**

As positive thinking is a mental attitude the tools that can enhance this mind set should be used as often as possible to reinforce the positive mind set. These tools may include self motivation media messages, joy derived from the said endeavor, positive comments and many others.

The positive mindset creates the anticipation of positive elements in everything, such as happiness, joy, success, energy and others. Generally simply put, is whatever the mind expects it almost always gets. Making a conscious effort to always change the thought process whenever negativity seeps in will ensure the level of positive energy available.

Filling the mind with positive thoughts is always beneficial as this will also transcend into positive thinking and living. These elements are very important in ensuring a complete and peaceful existence.

As both positive and negative thinking are both just as contagious, constantly being around positive elements and like minded positive people is definitely highly recommended.

Staying away from negative activities, media exposure, and relationships helps to keep the negative elements from becoming a dominant factor in the individual's life. Most positive minded people

actually make a conscious efforts to deliberately avoid being around negative people.

However all this positive thinking cannot be acquired in the blink of an eye but has to be practiced consistently until it come naturally to both the conscious and subconscious mindset.

Affirmation is also another way to reinforce the positive thinking mindset. Using the method that resembles creative visualization enables the individual to always have the positive image in the foremost thought process which is turn keeps the elements of positive thinking ever present too.



# Chapter 6:

## *Defeat Negative Self Talk*

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### Synopsis

Most people are used to talking themselves into and out of things, thus it should be no surprise that this action can also be manipulated to bring about only positive inputs into the mind set.



## **Don't Be Negative**

Practicing the art of self convincing and defeating the negative voice within is definitely worth exploring further. This self defeating style of talk will not only hamper any possible victories but will also ensure the individual does not become too adventures and thus losing out greatly in life.

Furthermore developing the justification for the negative self talk is actually ensuring a downwards spiral unless both these issues are addressed promptly.

Perhaps the first step to take is to identify the common excuses the mind will make at the onset of any possible endeavors that is presented. Being aware to the mind set early on in the encounter would then enable the individual to start the counter positive argument.

If applied early and often enough the individual is able to arrest the negative self talk at a quicker pace to ensure the negative self talk is not able to gain any foot hold in the conscious or unconscious mind.

Attacking the negative thought with really powerful positive messages will cause the mind to lean towards the more powerful argument, thus the argument angle and points of the positive input has to be relevant and effective.

Sometimes the mind is too focused on the smaller objectives before it view the whole picture. This then causes the negative self talk to begin even before the project has taken any concrete form. Therefore sometimes it does not pay to be too overwhelmingly aware to every aspect of a project as it gives the mind more opportunities to create scenarios for the negative self talk to prevail.



# Chapter 7:

## *Be Grateful For What You Do Have*

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### Synopsis

Learning to be grateful can be likened to being thankful for the life and the circumstances one is in. It can also mean that one is just simply grateful to be alive.

However many others advocate the link between abundant blessings or the lack of to the fact that most people fail to feel or vocalize gratefulness. Therefore if one is unable to see the positive element in life then further abundant blessing is also unlikely to be recognized and thus the gratefulness element will constantly be missing.



## **Be Thankful**

When an individual learns to always acknowledge things with a degree of gratefulness, both the mood and demeanor of the individual takes on a whole new perspective of positiveness. The optimism levels also reach new heights when time is taken to acknowledge the current good things present in the individual's life even if there isn't that much to be grateful about. This also allows for other positive feelings like compassion and kindness to be ever present and part of the individual's life.

Sometimes it takes a conscious effort on the part of the individual to take the time to sit down and list all the things that are right in their lives as opposed to always identifying only the bad. Many people tend to overlook the small and insignificant things which are actually sometimes the very best elements. Thus by consciously bringing to mind, all the positives the individual has in life, enables the individual to slowly comprehend the otherwise unforeseen blessings.

The habit of comparing one's self with others can bring about both negative as well as positive results. If the comparison brings about the negative feelings of lack for the individual then the exercise will only lead to further discontent, however if the exercise is of a positive nature then the individual is able to be more grateful and happy.

# Chapter 8:

## *Use Brain Exercises*

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### Synopsis

In the pursuit of healthy and wholesome living people are willing to be more adventures in trying new and more innovative ways of gaining this mindset. There are many new recommendations in the market place with the objective of creating a better and happier person.





## **Beef Up Your Brain**

Mind or brain exercises are just one of the more popular and effective ways of achieving this wholesomeness. When it comes to addressing the minds set there are quite a few exercises to choose from.

As the mind consists of several areas that can be addressed the brain exercises used should ideally cover all these areas. These areas include memory, attention, language, visual-spatial skills, and executive functions.

When it comes to addressing the memory section, the increase of the levels of acetylcholine should be addressed. In order to increase these levels the individual needs to train the memory to be able to absorb and retain matter consistently and effectively.

In the neural connections area one can challenge the brain to practice motor functions by using out of norm ways such as the use of the left hand when the individual is right handed or being able to cope in the dark where light is needed.

Attention building and sharpening is also another area that needs to be constantly challenged. When routine set in most people are able to mechanically go through a day without actually focusing on each individual task, though this skill has its merits, there is also the danger that the individual's mind will become "lazy" and thus less alert to new things.

Enhancing the language skill to evolve with the times is very beneficial in both the ability to speak grammatically well and also to be able to speak on current topics knowledgeably.

Visual retention skills are one way of connecting the memory phase and mind skills. Remembering things that were visually absorbed hours later keeps the mind alert.



# Chapter 9:

## *Never Give Up*

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### Synopsis

If people gave up at every bad event in their lives then life would not be really worth living. Instead the strong minded people usually pick themselves up and move on armed with the new knowledge gained from the bad experience.

The new knowledge should for all purposes and intent help the person to avoid making the same mistake again. Therefore with the prospect of gaining victory the next time around the person should never have the “give-up” attitude.



## **Don't Stop**

Being a realist also helps to ensure the individual does not get into situations that will eventually case the level of problems that giving up becomes a necessity.

Having a positive mindset no matter what the circumstances are, is one way of developing a “never die” attitude. In keeping to this mindset the eventual outcome will always have the possibility of being successful.

Most people are stronger than they think. When adversity knocks some people surprise even themselves by their positive reactions. This also shows the positive fighting spirit that is definitely beneficial.

Sometime taking a good look at life around and realizing that one's particular circumstances is not as bad as others helps to keep the zest alive in a person and ensure the never give up feelings are solidly anchored within.

There are also times when those around the individual can help to give the much needed support to help reinforce and keep the positive mindset that may be on a downward spiral because of some set back. These friends and family can provide the necessary positive promptings that will allow the individual to tap into the inner energy of not giving up.

Always looking forward and keeping the dream alive is another element that causes the individual to constantly strive to never give up. Being an inspiration to other also ensure the individual never has the give up attitude or mindset.



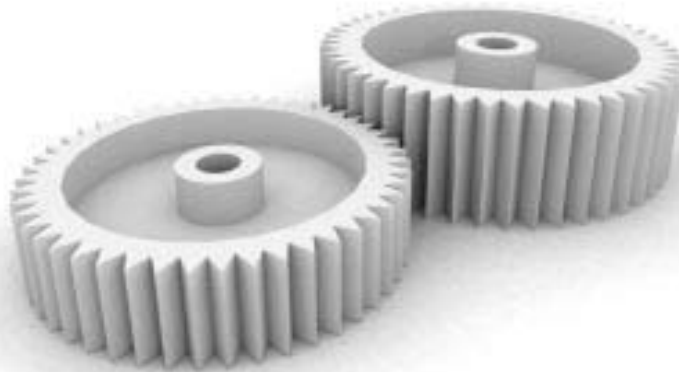
# Chapter 10:

## *What You Could Be Missing If You Don't Reach Your Potential*

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### Synopsis

Having a closed mind is one of the byproducts of not being able to reach one's potential. The constant nagging of "what if" will always be an ever present and tormenting feature.



## **Important Info**

This will then possibly lead to the reluctance to take a chance on any new endeavor that the individual perceives to be foreign or risky. In learning to take chances the individual not only get to honed their skill further but also perhaps broaden their current limited capabilities.

Sometime venturing into doing things completely foreign in nature, and perhaps a little reckless, by the individual's standards, encourages the positive use of the potential that may be locked deep within. These adventures may include listening to a new style of music, changing a set routine for a more spontaneous one, taking up a new language, travelling, and many more.

The inability to vocalize one's desires, needs, and wants is a barrier to achieving one's true potential. Some people are afraid or weary of this as they are either too afraid of rejection or are too shy.

Sometimes an individual success lies in the success of others. One of the best ways of seeing the potential in one's self is by helping others explore and reach their potentials. By doing so one is able to foster positive ties and ideas that would tap into the individual's potential.

# Wrapping Up

A lot of people don't really understand how to reach their respective potentials even though they are really focused on doing so. This is probably because there are no tangible ways to effectively measure one's potential.

However all is not lost and there are many ways to reach one's potential. Understanding the losses from not trying to reach one's potential is enough reason alone to strive towards it.

