



MIRROR, MIRROR, AM I LIVING AT MY FULL POTENTIAL?

By Véronique

“To MarJoLi and Rebecca, two amazing women who inspired me this article when I last spent time with them.”

Who can claim that he or she has reached his/her full potential? How do you make sure that you achieved it? And besides, what does “full potential” mean? According to my research, this concept directly refers to the idea of doing our best. Personally, I find it lacks an essential dimension, which is the concept of time. Therefore I think that reaching our full potential means to do our best now.

To me, thinking of potential in the context of time is important. The question we should ask ourselves is: right now, am I doing what I like or working towards my life purpose to the best of my abilities? If the answer is yes, you are reaching your full potential right now. If the answer is no, you can change this in an instant by using what you currently have available to you simply because your potential is within your reach here and now. The idea here is not to burn yourself to the task. An overheated engine is of no use. Instead, find your own rhythm, the one that will take you exactly where you wish to go, one stride at the time.

Of course, we all have an ideal or an ultimate goal that bathes somewhere in our head and that reminds us that we can always do better, acquire more, be more, etc. However, if in the present moment the best you can do is practice your scales slowly on the piano or running 5 kilometres in an hour, I sincerely think you have reached your full potential. It is not frozen in time so it is only up to you to work on your piano scales or to increase your cardiovascular capacity. Playing the Flight of the Bumblebee or running 5 kilometers in less than thirty minutes is possible. Very step towards this ideal or that great goal is your full potential if you stay grounded, focused and attentive to your needs. Everything happens at the perfect time to those who cultivate patience and discipline.

Full potential is not something visible. You can't touch it, smell it, see it, hear it, measure it, weigh it, etc. It is abstract, such as love and happiness. Potential is experienced individually and, because of that, is hardly debatable. Only the individual can know for sure whether he/she achieved his/her full potential. It's something very personal that we quantify and qualify based on who we are in the now. Because our full potential lives inside of us, we can't compare it. It would be like trying to debate on what is the best ice cream flavour: chocolate or vanilla? It is purely personal. Potential is purely personal.

The world we live in feeds on the misconception that the amount of things, diploma, people we know, money, etc, is an indicator of full potential. Using Zig Ziglar's words, American author and motivational speaker: “It's not what you've got, it's what you use that makes a difference.” Is animating a huge seminar with 2,000 participants has more value than teaching a class of seven students? Is driving a Porsche and working as a celebrity's coach means that you have reached your full potential? What if potential is something that needs to be lived from within our heart?

Full potential has nothing to do with material acquisitions, physical appearance, the work we do, the number of Facebook friends we have, etc. Full potential is not something that ones can measure outside of him/herself. The only tool that exists to assess potential is in you and is only accessible to you. Some indicators exist, such as that inner voice that says “YES”, the feeling of connecting with something deep into your inner resources or the pride of living fully. These are cues that tell you that you are reaching your full potential.

Find what you want to pass on to our planet. What energy do you want to leave behind? Do you wish to make this world a more peaceful place? Do you aspire to live in harmony with your environment and/or your decisions? Or maybe, like me, you want to spread joy around you. If your choices and actions at all times aligned with what you want to contribute to the world, then you live at your full potential. Do not let your ego telling you that this is not enough. That is more than enough.
Joy comes from using your potential. (Will Schultz)