# How To Break Barriers and Unleash Your Potential

In this presentation, I’m going to teach you how to breakdown the barriers around you and unleash your full potential. Everyone has barriers in their life from time to time. This is normal. However, some people are able to break barriers more effectively while others allow their barriers to overtake them.

This guide is meant to help those you are having hard time getting around their barriers and for those seeing their potential being stifled.

Some of the most common barriers we have in life thinking that we do not have time, thinking that nothing can change even when we put in the work, and thinking that we do not have the tools or resources we need to succeed.

While these thoughts can be consuming, they can quickly be changed and you can truly break down these barriers and show the world your potential.

The easiest way to begin unleashing your potential is to start growing. How can you make big steps towards growth though?

The first is your willpower. What is it that you really want from life? How do you want to go about making this happen? While this might seem simple, your willpower is one of the best tools at your disposal and it can make nothing impossible.

Second, you need to think about timing. It’s easy to put a barrier on time by saying that you can’t get something done because you don’t have enough time or it’s not the right time. Simple put, it can be the right time if you want it to be the right time.

Next it’s time to look at reciprocity in your life. Relationships can be huge barriers to your potential if they are not the right relationship. However, as you breakdown barriers, you also need to take a step back and think about the relationships in your life and who will be affected.

Important relationships such as the ones with your spouse and children need to be positively affected by any big changes you are making.

Every barrier you breakdown will have a cost. You need to make sure you are thinking about the opportunity cost of all the barriers you plan to remove so you can release your potential. What will be the cost of your decision? What do you need to sacrifice? What are you willing to sacrifice and what are you not willing to let go of.

While putting the above into words might seem simple, I’m sure you might be thinking how you can accomplish such big decisions.

The first step is to evaluate. What is not working in your life because of a barrier? What is something in your life that is blocking you from reaching your goals and what can you do about it? When you sit down and evaluate, you will find there are trends in your life that you need to sort out.

Next, come up with a timeline. You will not be able to break down barriers overnight. You need to create a timeline of what you want to accomplish and exactly when. Every time you accomplish something in the timeline, give yourself a small reward to encourage you to keep going.

The last thing to note and one of the most important is that you need to constantly work on improving yourself. All changes and barrier breakdowns begin with yourself. You need to prioritize yourself and the changes you can make within.

I hope this short tutorial gave you some insight on how you can break down barriers and reach your full potential that you have within.