“ARE YOU READY FOR YOUR BIG LEAP?”

How to solve the one problem that’s between you and your ultimate success, excerpted from the book by Gay Hendricks, THE BIG LEAP

Preparing for the BIG LEAP

Our activities in the world occur in four main areas

1. Zone of Incompetence = activities you are not good at
2. Zone of Competence = Competent but not expressing your full potential
3. Zone of Excellence = Activities you do extremely well, comfortable, reliable
4. Zone of Genius = Activities uniquely suited to you

The Upper Limit Problem

The Upper Limit Problem is our universal human tendency to sabotage ourselves when we have exceeded the artificial “upper limit” we have placed on ourselves.

Will You Make Your Big Leap?

The Upper Limit Problem is the one obstacle that prevents us from attaining success and true happiness in all aspects of life, often a manufactured feeling of guilt, stress, doubt, or worry we feel when we reach an “upper limit” of positive feeling.

The Upper Limit Problem occurs because we have an inner thermostat that determines the amount of love and success we allow ourselves. When we exceed our setting, we tend to sabotage ourselves so that we can return to the old, familiar zone where we feel secure. The trouble is that the thermostat was set before we could think for ourselves, in early childhood.
Later in life, when we hit our Upper Limit, we often engage in self-defeating behavior. We provoke arguments, get into accidents, and become sick in order to bring ourselves back down.

Good News

You can consciously re-set your thermostat and go all the way to your full measure of success in love and money. *The Big Leap* shows you how

Dismantling the Problem

The false foundation under the Upper Limit Problem is a set of four hidden barriers based on fear and false belief. We unconsciously take them as true and real until we shine the light of awareness on them.

Hidden Barrier Number 1 : Feeling Fundamentally Flawed

Hidden Barrier Number 2 : Disloyalty and Abandonment

Hidden Barrier Number 3 : Believing that more success brings a Bigger Burden

Hidden Barrier Number 4 : The Crime of Outshining

How to Spot the Upper Limit Problem in Everyday Life

1. Worry
2. Criticism and Blame
3. Deflecting
4. Squabbling
5. Getting Sick, Getting Hurt
6. Hiding Significant Feelings
7. Not keeping agreements

Getting Beyond the Upper Limit Problem

“The art of getting beyond our Upper Limit Problem has a lot to do with creating space within us to feel and appreciate natural good feelings. By natural, I mean good feelings that are not induced by alcohol, sugar and other short term fixes. Letting you savor natural good feelings is a direct way to transcend your Upper Limit Problem. By extending your ability to feel positive feelings, you expand your tolerance for things going well in your life.”

*Chapter 3 of The Big Leap*
The Genius Questions

If you can learn to spot and transcend your Upper Limit, you can make a rapid transition into your Zone of Genius. There are four questions to ask yourself in order to make the transition into the Zone of Genius:

1. What do I most love to do?
2. What work do I do that doesn’t seem like work?
3. In my work, what produces the highest ratio of abundance and satisfaction to amount of time spent?
4. What is my unique ability?

Living in Your Zone of Genius with The Ultimate Success Mantra

I expand in abundance, success and love every day, as I inspire those around me to do the same.

All you need to do is slip this into your thought stream from time to time.

Use the USM in 2 ways

1. Formally, as a quiet mindful practice
2. Informally, as you go about your daily life

Beware the Rubber Band Effect

As we dream about big goals and move up into realms of love, abundance and creativity that are above our old thermostat settings, we bump up against the artificial lid that was placed on our success.

May you transcend your artificial Upper Limits and may you glide the high currents of love, abundance and creative contribution.