

U CAN DO IT

WITH MICHAEL MCGINNIS

INSPIRING GROWTH
IGNITING POTENTIAL

Season 1 – Episode 3

Let's Get Started – The Personal Growth Stage



THE JOURNEY OF PERSONAL GROWTH AND SELF-DISCOVERY



Tree of Life



© Growing Our Human Potential

Enlightenment

Connection to the Beyond

Confronting our mortality and discovering our own meaning of life. Being our full potential and waking up every day with meaning, purpose, love and joy.

Self Discovery

Becoming Our Full Potential

Beliefs, Values, Purpose, Resilience, Growth Provides ability to thrive with change and become our full potential. Develops core being that is rooted in our attitude, beliefs and values that drive our behavior. Defines new definitions of success and happiness.

Personal Growth

Our Foundation

Physical, Mental, Emotional Self Grounds us with the ability to survive, grow, and thrive with a strong; self-esteem, self-awareness, emotional intelligence, health, and ability to meet our basic needs on our own. Shifts from victim to victor mindset.



Meet Daniel Kish

- **Completely Blind Since 13yo**
- Chose Not to be a Victim, Instead to Break Down Old Beliefs & Perceptions About What It Means to be Blind
- **He is Destroying Stereotypes About the Difficulties Associated with Being Blind**
- And, YES, he rides a bicycle just like you and me. Mastered “Human Echolocation”
- **Achieving His Full Potential and Now Helping Others**

STEP 1


WHAT IS YOUR
MOTIVATION
TO GROW?




What Do I Really
Want In Life?




Who Am I?
Why Do I Struggle In
Relationships?



Why Am I Feeling So
Lost? So Confused?



Why Do I Feel
So Alone?



Why am I so unhappy?



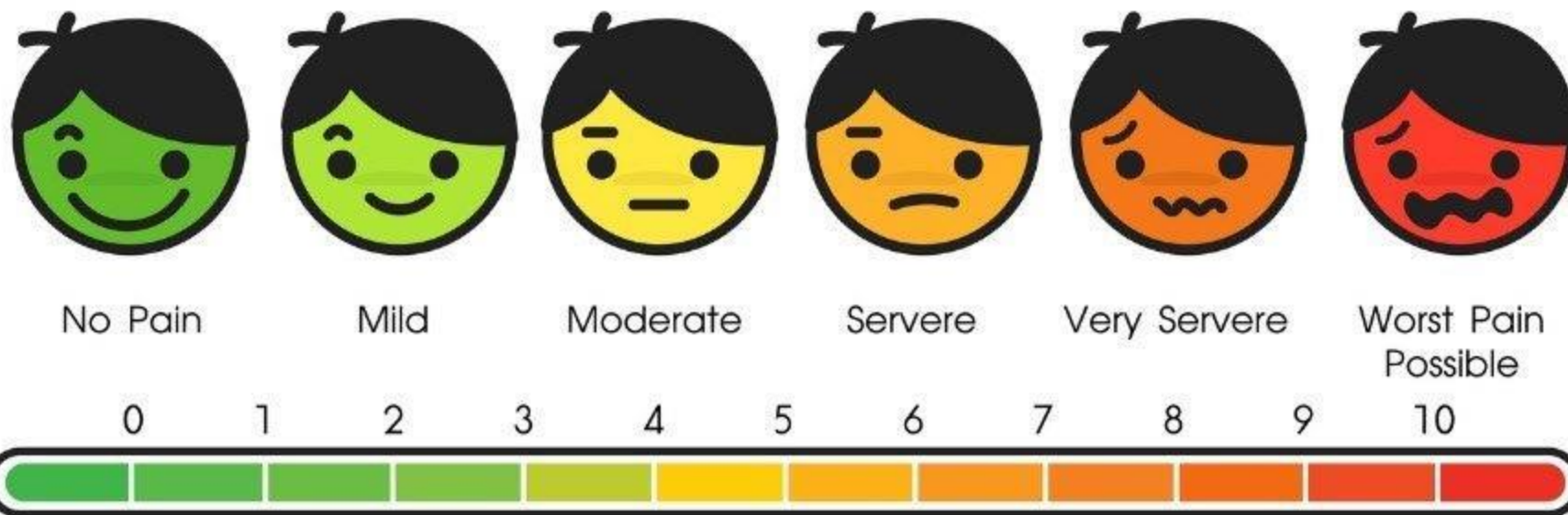
Why Do I Feel So
Different Than Others?



STOP

SUFFERING

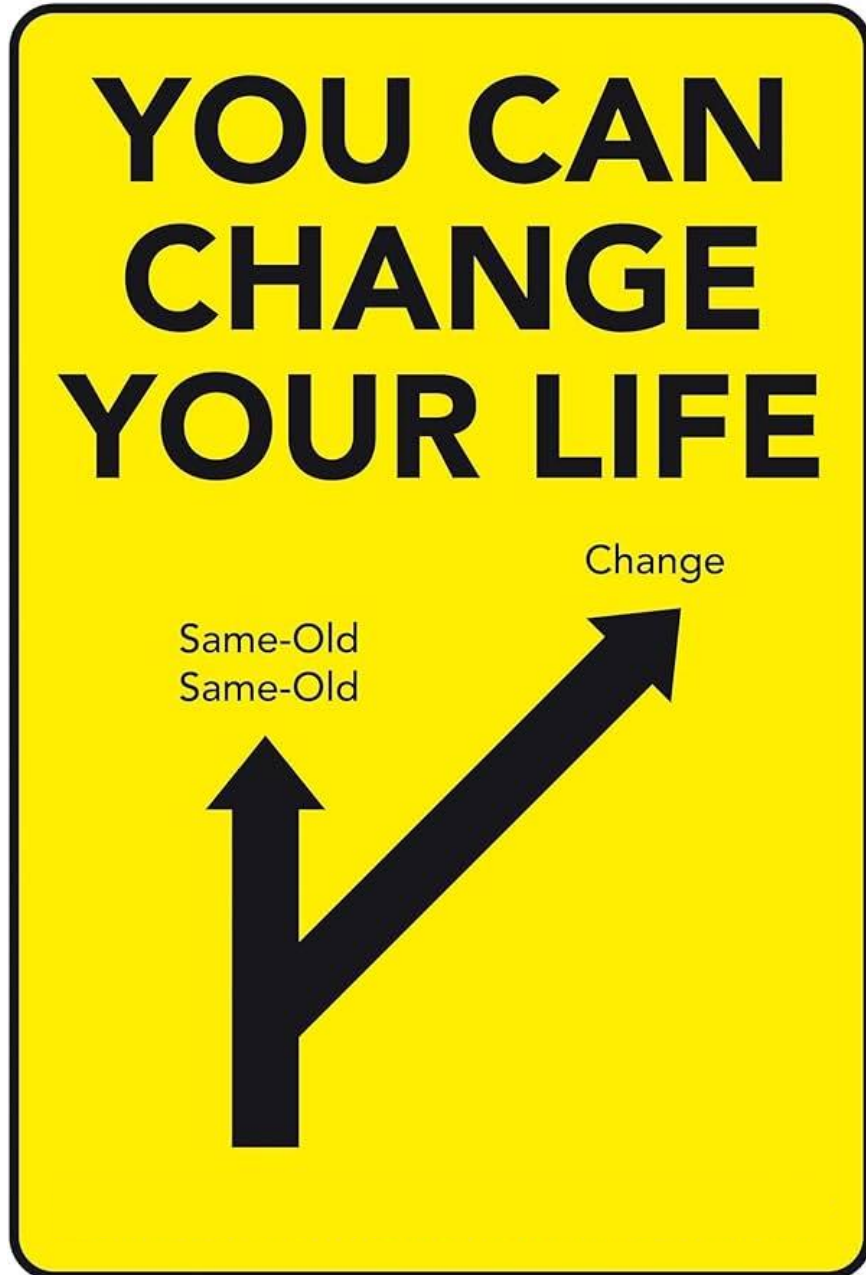
PAIN MEASUREMENT SCALE



STEP 2



I Am Going To Change !!



STEP 3

Above the line:

1. Ownership
2. Accountability
3. Responsibility

VICTORS



Below the line:

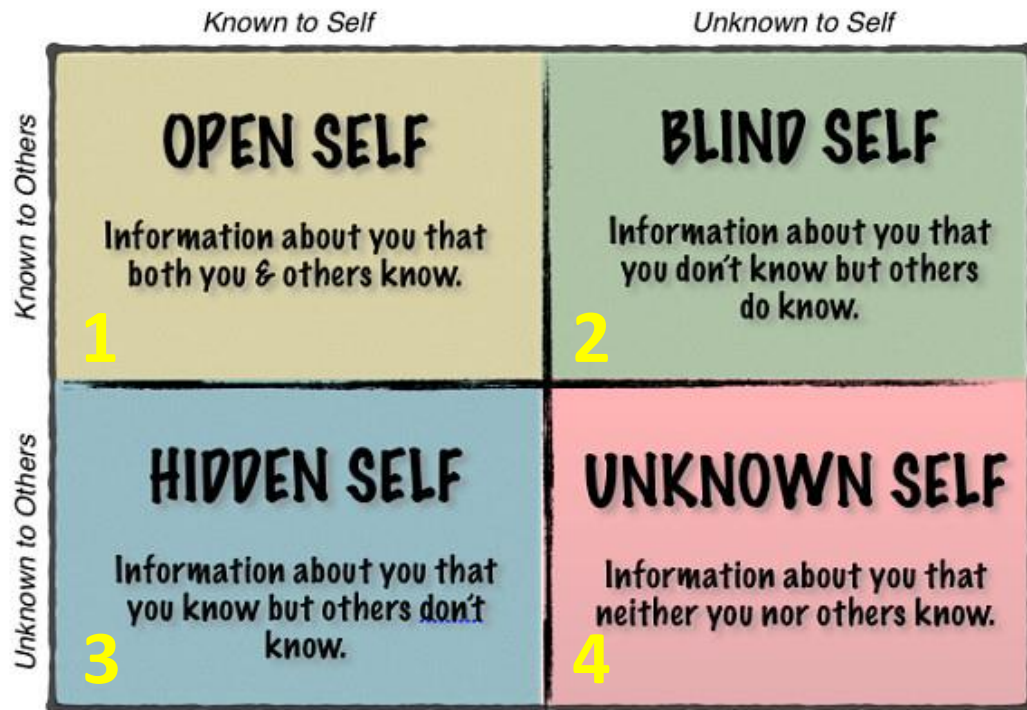
1. Blame
2. Excuses
3. Denial

VICTIMS

CHANGING YOU
NOT
FIXING OTHERS

STEP 4

Increasing Your Self-Awareness: The Johari Window



DATING

I felt so awkward and clumsy approaching women, and the result -- I was not getting anywhere. I was frustrated and depressed.

Known to others
Not known to others

Known to self

Not known to self

- Quiet
- Shy
- Nice Guy

- Cute
- Caring
- Intelligent
- Lack of Confidence

Arena

Blind spot

- I feel very awkward approaching women
- I am jealous of the other guys who have dates
- Maybe I am not cool enough
- I have not dated yet

- Low self-esteem
- I am unworthy
- I am not good enough
- I have not dated yet
- I am introverted
- I am very sensitive

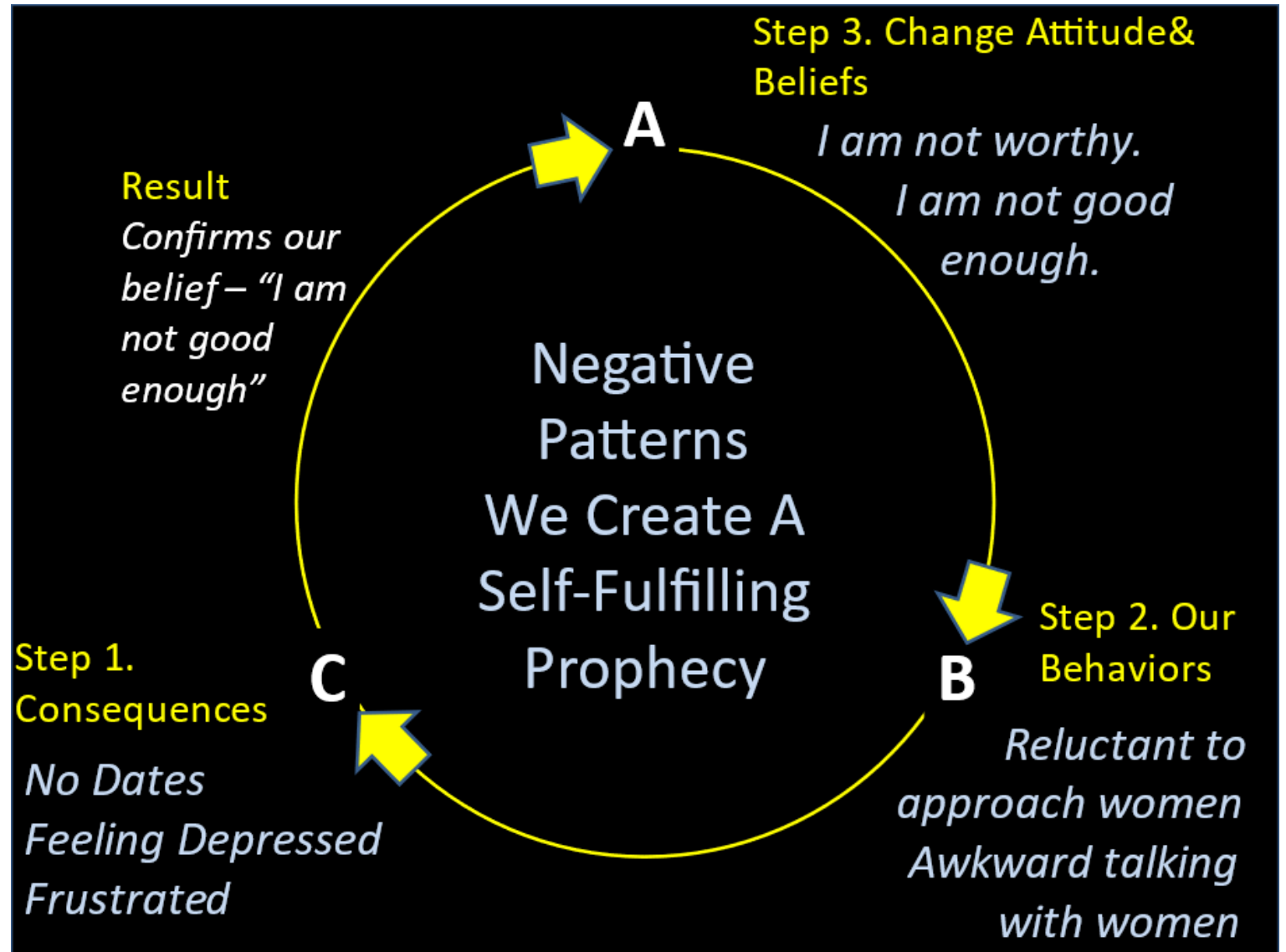
Facade

Unknown

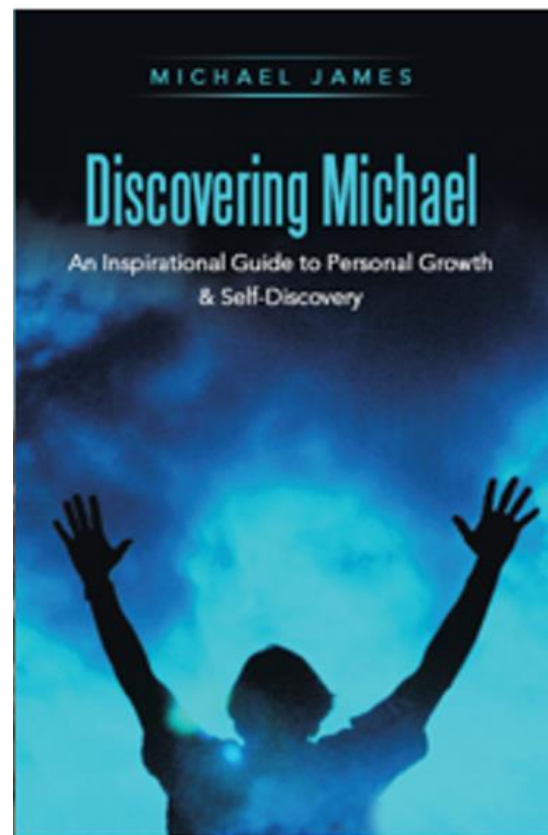
STEP 5

The ABC Model

Pulling It All Together –
The Negative Self-
Fulfilling Prophecy We
Created



Tools for Self-Discovery



Awards

Beverly Hills Book Awards
Pacific Rim Book Festival
San Francisco Book Festival
Green Book Festival.
Great Northwest Book Festival
New England Book Festival

