

# U CAN DO IT

WITH MICHAEL MCGINNIS

INSPIRING GROWTH  
IGNITING POTENTIAL

Season 1 – Episode 6

Taking a Leap of Faith – The Importance of Beliefs, Courage & Risk





# 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.

# Faith

in beyond what you see,  
gives courage to take a  
leap into the unknown.





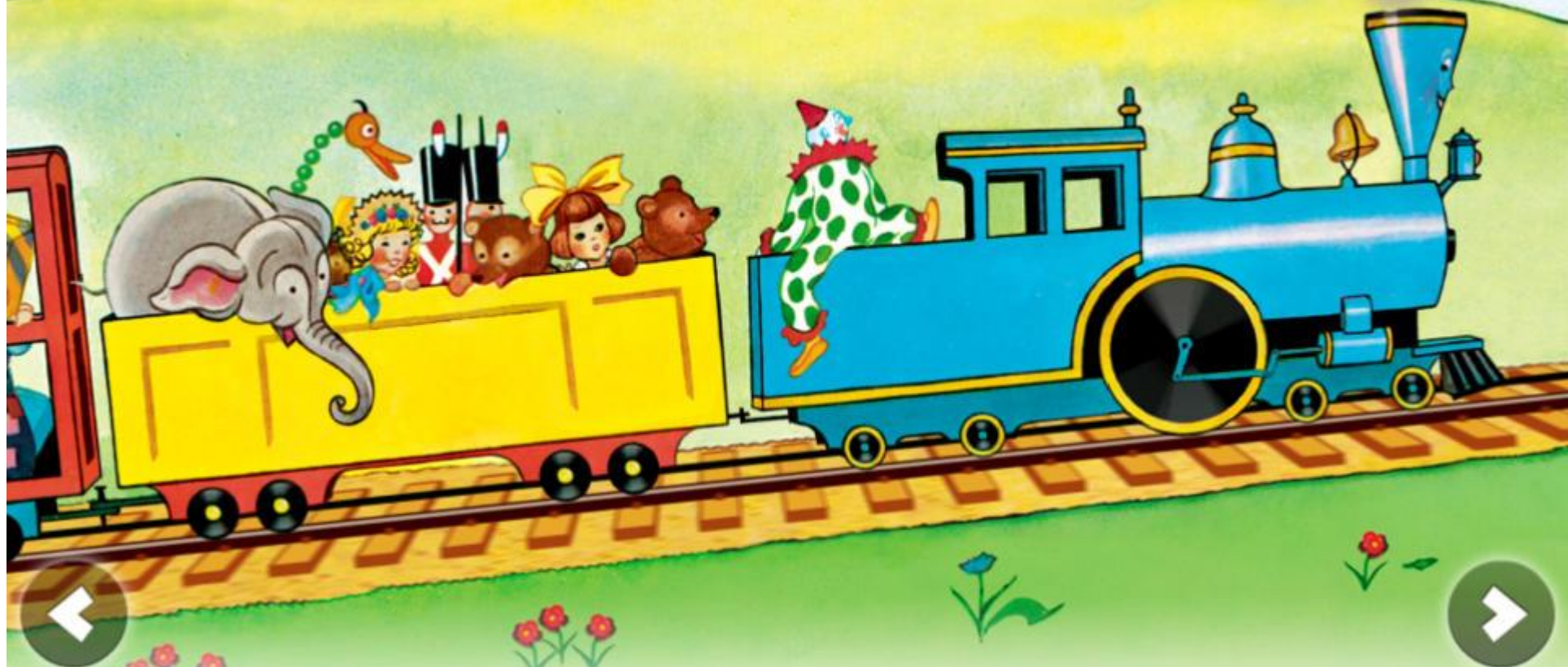


The WIZARD of OZ





I think I can I think I can



Then she said, "I think I can. I think I can. I think I can." And she hitched herself to the little train. She tugged and pulled and pulled and tugged and slowly, slowly, slowly they started off.

# the Little ENGINE that COULD







***"Often I feel I go to some distant region of the world to be reminded of who I really am." Michael Crichton – "Travels"***

# **A Modern-Day Vision Quest**

**A Personal Search to Discover Self & The Meaning of Life**



# How to be courageous: 9 ways to become fearless



## **Acknowledge your fear**

Never try to sweep your fear under the rug. It will give it more power.



## **Confront It**

Confronting your fear is about understanding the underlying reasons why you're afraid in the first place.



## **Use Positive Self-Talk**

Self-talk is that inner voice inside your head that reveals your beliefs and thoughts.



## **Practice Mindfulness**

Mindfulness practices like breathwork and meditation can help you relieve worries and anxiety.



## **Find A Mentor**

Build a mentorship with someone whose fearlessness and confidence you admire.



## **Embrace Failure**

Instead of fearing failure, we need to make the most of it and turn it into a learning opportunity.



## **Get Comfortable with Being Uncomfortable**

Do the thing you fear to do and keep on doing it



## **Make Being Brave a Habit**

Strengthen your fearlessness like a muscle by overcoming your fears on a regular basis



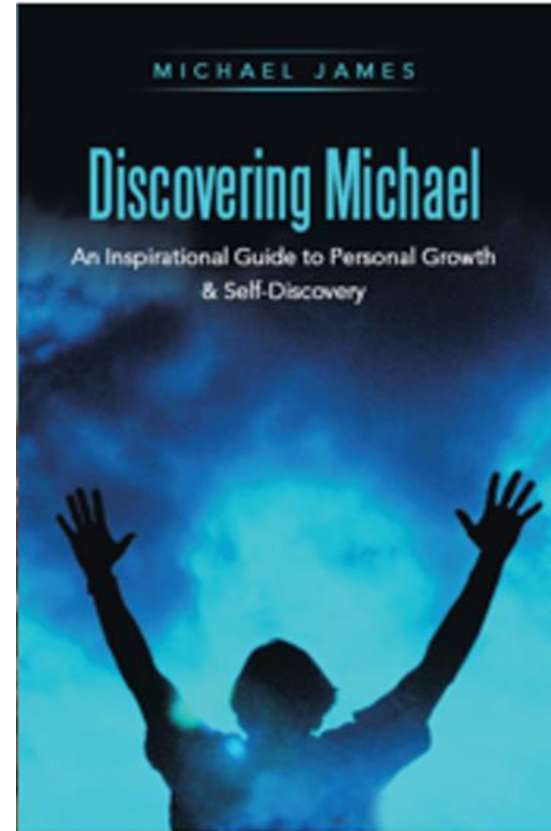
## **Don't Aim for Perfection**

Next time you want to try something you fear, don't have any expectations of how it's going to go. Approach it with a sense of curiosity and don't worry about the outcome.

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# 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

