

Session Eleven – Living out your Potential

Copyright John Townsend, Ph.D. 2012

Introduction

Definition and Description of Potential: Capacity to Bear Fruit

Aspects

A. The 4 Interlocking Circles: Passion, Ability, Meaning and Reality

B. From the Core “You”

C. Beyond Comfort and Before Burnout

D. Continued Development

Obstacles

A. False Self Roles

B. Lack of Relational Support

C. Self-Limiting Beliefs

Life Coaching Webinar

D. Difficult Circumstances

E. Lack of Pruning

Skills

A. Openness to God and to what is inside you, not to what is expected of you

B. Analyze the 4 circles monthly

Life Coaching Webinar

C. Get other sets of eyes on your context

D. An annual “new”