

10 Guaranteed Ways to Keep You from Greatness

By Nancy D. Solomon, M.A.

1. Compare your life to everyone else's:

You're guaranteed to come up short, to get depressed and to feel stuck.

2. Don't ask for what you want:

You probably won't get it anyway, so don't bother.

3. Don't ask the hard questions:

You wouldn't know what to do with the answers, would you?

4. Let fear rule your day:

It works during times of war and terrorism, doesn't it?

5. Live like integrity is flexible:

After all, it's not your fault the cashier gave you too much change.

6. Stay safe:

You won't get hurt and growth is overrated anyway.

7. Hold onto your scarcity mentality:

It worked for your grandmother during the depression and your ex in divorce court, didn't it?



"...go out into the world, be courageous, and do something spectacularly huge!"

8. Hang out with the lowest common denominator:

You'll feel better about yourself and you won't feel the pressure to excel.

9. Choose regret over failure:

At least it was your decision and you know how you love control.

10. Be a follower:

This way no one knows when you mess up.

Okay, okay so all this sounds a bit silly, doesn't it? So here's my invitation to you: In the privacy of your own space, check off all the items on this list that made you cringe when you read them (which is a sure sign that, at some point or other, you practiced being small or invisible).

Now that you know how you hold yourself back, I invite you to go out into the world, be courageous, and do something spectacularly huge!!!

As a nationally recognized human potential expert Ms. Solomon provides training, keynotes, coaching and consulting for executives and their organizations seeking to improve their personal and professional standards of success. For more information, visit www.nancydsolomon.com or call Nancy at 253.265.3240.

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Nancy D. Solomon
Turning what if...into what is