

## Part Three: Believe that you will reach your goals.

- A. Do not allow your peers' \_\_\_\_\_ to limit your \_\_\_\_\_.
- B. Many people refuse to set goals because they have a \_\_\_\_\_ of \_\_\_\_\_.
- C. Faith: The \_\_\_\_\_ of things hoped for, the \_\_\_\_\_ of things not seen.

## Roger Bannister: A Case Study



- At one time, it was thought \_\_\_\_\_ to run a mile in under \_\_ minutes.
- Doctors of the day thought the heart would \_\_\_\_\_ in the chest cavity.
- On May 6, 19\_\_\_\_, Englishman Roger Bannister ran a mile in \_\_\_\_\_.
- His record stood for \_\_\_\_\_.

## Part Four: Make a commitment to achieve your goals.

- A. You must be willing to make the sacrifices necessary to achieve your goals.
- B. Face every problem and determine what is \_\_\_\_\_ about it.
- C. Turn every \_\_\_\_\_ into a \_\_\_\_\_.
- D. Never give up.

## My Short-Range Goals (Less than one year to complete)

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## My Long-Range Goals (More than one year to complete)

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**Path of Success**  
Unleashing Your True Potential!

## Seminar Guidebook: A Roadmap for the Journey

Overcomer: \_\_\_\_\_  
(Name)

Defining Moment: \_\_\_\_\_  
(Seminar Date)

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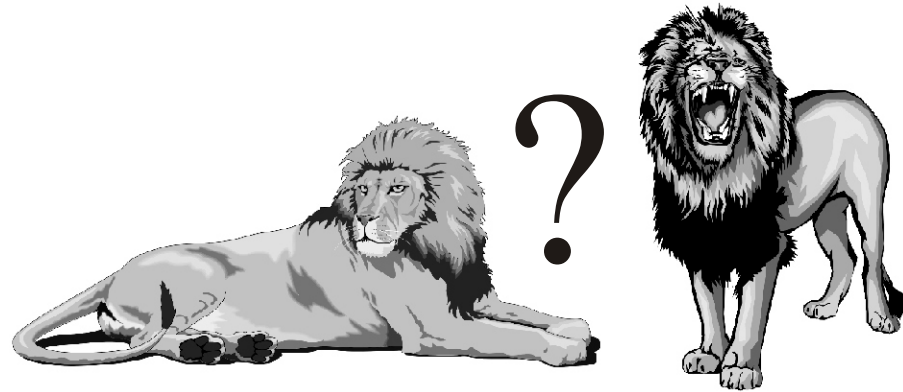
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# Session 1

## Tapping the Spirit Within: Unleashing your true potential!

**Foundation Principle:** The strength of the lion tamer does not lie in the fact that he is stronger than the lion, but that the lion thinks he is.



### Where is the King? Circus Lion vs. Jungle Lion

- Although the lion is the most ferocious animal in the jungle, it sits, rolls over, and plays dead at the crack of the tamer's whip.
- However, the tamer would not dare go into the jungle and ask to see the king.
- The difference between the two is that the circus lion has been **stripped of the knowledge of its greatness**.
- After trying and trying to manifest its true potential and experiencing the whip, the circus lion **settles into a life of a circus lion**.

### Many human beings live the life of a circus lion.

- The strength of our \_\_\_\_\_ does not lie in the fact that they are \_\_\_\_\_ than we are, but that we \_\_\_\_\_ they are.
- From birth we have attempted to manifest our true \_\_\_\_\_.
- The older generation trades its \_\_\_\_\_ for security.
- The younger generation has its \_\_\_\_\_ stripped by insecurity.

### We consist of three parts- Body, Soul and Spirit



### Make That Change

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### The Power of Goal Setting

"Whatever you vividly imagine, ardently desire, sincerely believe, and enthusiastically act upon will inevitably come to pass."

-Unknown Author

- A goal is a **clearly defined dream** or desire that you commit time and energy toward achieving.
- Goal setting takes you **from dreaming to doing**.
- Goals help you **fulfill your dreams** and much more.

### Part One: Write your goals on paper.

- A. Clearly **define** and prioritize your goals.
- B. Separate your goals into **two categories**:
  1. **Short Range** goals range from \_\_\_\_\_ to \_\_\_\_\_.  
Example: To get all A's in my classes this semester.
  2. **Long Range** goals range from \_\_\_\_\_ to \_\_\_\_\_.  
Example: *To get into Iowa State University's engineering program.*
- C. Put your goals where you can see them every day.

### Part Two: Create a blueprint for achieving your goals.

- A. You must be the \_\_\_\_\_ of your achievements.
- B. Consider all of the \_\_\_\_\_.
- C. If you don't know where you are going, you will probably end up somewhere else.





# Session 2

Renewing Your Mind: Overcoming your past to unleash your future.

## The Power of the Past

- People often allow past experiences to prevent them from unleashing their true potential.
- Feelings of inadequacy, guilt and shame block the mind's ability to think great thoughts.
- Many people live according to negative thought processes without even knowing it.
- Such heavy weights keep the spirit from soaring.



### Pains of the Past



- Grew up poor
- Criticized for being different
- Told that you would never amount to anything
- Witnessed your parents get a divorce
- Constantly compared to your sibling
- Friend betrayed your trust
- Someone close committed suicide
- A parent was alcohol or drug dependent
- Witnessed domestic abuse
- Family member died

**Old Thinking**  
I must **erase** the past to move on.

**New Thinking**  
I must **embrace** the past to move on.

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**Old Thinking**  
I am **responsible** for past acts of others.

**New Thinking**  
I am **response-able** to the past acts.

## Everything is a Choice

- No matter how bad the situation may have been, you have the \_\_\_\_\_ to respond in any manner you choose.
- You can choose to view the situation as an \_\_\_\_\_ to fail or a \_\_\_\_\_ to succeed.

## Overcomers

Celestine Tate Harrington \_\_\_\_\_

Tiger Woods \_\_\_\_\_

Lis Murray \_\_\_\_\_



# Forgiveness- The First Step to Becoming an Overcomer

- Unforgiveness hurts the \_\_\_\_\_.
- Unforgiveness hurts the \_\_\_\_\_.
- Forgiveness frees you from \_\_\_\_\_.
- Forgiveness makes room in our hearts for \_\_\_\_\_.

**Old Thinking**  
I won't forgive because I am still hurting.

**New Thinking**  
I won't stop hurting until I forgive.

**Books to Read**  
Some Crawl and Never Walk, Celestine Tate  
Man's Search for Meaning, Viktor Frankl  
Seizing Your Divine Moment, Erwin McManus  
How to Win Friends, Dale Carnegie

### A Small Grain of Sand

Here's a story I like to tell  
About an oyster who'd gotten sand under his shell.  
Just one little grain but it gave him much pain  
For oysters have feelings although they're so plain.

Now did he berate the working of fate  
Which led him to such a deplorable state?  
No; instead as he lay on the shelf  
He said to himself  
Since I can't remove it  
I'll try to improve it.

So the years rolled by as the years always do  
And he came to his ultimate destiny - - stew  
And this small grain of sand which bothered him so  
Had become a beautiful pearl, all richly aglow.

Now this tale has a moral - - for isn't it grand  
What an oyster can do with a small grain of sand  
And what splendid results may occur if we start  
To work out those problems that once scarred our heart.

-Unknown Author

# Session 3

Dream Big Dreams & Achieve Them: Setting the spirit free.

## Dreaming on Purpose

A Dream is \_\_\_\_\_

People view dreaming as a process that occurs when they are either. . .



Or

