



# 5 STEPS **LIMITLESS**

FROM LIMITED TO

**Kizzy McCray-Sheppard, MSN, FNP-C**  
The Limitless Thought Leader



## **KIZZY MCCRAY-SHEPPARD, MSN, FNP**

Kizzy McCray-Sheppard is the Limitless Thought Leader, and Founder of Limitless Possibilities Now, LLC. She spent some of the best years of her life serving in the United States Air Force. After committing her life to this country her mission continues in her work as a mentor and nurse practitioner. McCray-Sheppard's purpose is to inspire and encourage others to live out their dreams and aspirations

She obtained a Bachelor of Science in Social Psychology from Park University, a Bachelor of Science in Nursing from Georgia Southern University (formerly Armstrong Atlantic State University), and a Master of Science in Nursing from Chamberlain University.

Mrs. McCray-Sheppard has a passion for people and believes in inspiring others to accomplish their dreams. She has mentored several youths within her community, as well as women to continue their education and accomplish their dreams. She assists others with a strategic plan to be successful and live a life full of

**LIMITLESS POSSIBILITIES NOW!**



**KIZZY MCCRAY-SHEPPARD**  
**LIMITLESS POSSIBILITIES NOW**

Now that you have made your list, you know the cause of your problem.

- » Problems go away when you create a solution to remove the problem.
- » Make a list of solutions to your problems.

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Now that we have uncovered what is keeping you from moving forward, it is time to discover what your natural abilities are.

2. What are some ways to identify natural abilities?
  - » Someone gives you confirmation.
  - » One of your family/friends tell you your good at.

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Now that you have the confirmation. What feels natural from that list?

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Note to self, everyone is not going to cheer you on or see your vision.

3. Encourage yourself.

- » The biggest cheerleader should be you. Let your voice be the loudest you hear.
- » Block out negativity, and that may mean cutting some people, places, and things off.
- » Make your own personal affirmations.

You know your problems, you have identified the solutions to your problems, and you have discovered your natural abilities. Now you know your real value, but none of that matters if you don't take care of yourself.

4. Incorporate self-care daily.

- » You cannot be successful running on fumes.
- » **Emotional care:** journaling.
- » **Physical care:** adequate night's sleep, exercising.
- » **Mental care:** read a good book, dancing.
- » **Social care:** date night, girls trip.
- » **Spiritual care:** prayer

A healthy you create a successful and happy you.

Some will be in your corner, but make sure you set the right boundaries. You have a gift. You have to make sure you protect your gift.

5. Setting boundaries are important.

- » It's ok to say NO.
- » Don't stay on stagnation street.

Have a mindset of growth, always expand. The caterpillar had to go through metamorphosis to become a butterfly.

**KIZZY MCCRAY-SHEPPARD**  
**LIMITLESS POSSIBILITIES NOW**

**IF YOU DON'T KNOW WHERE TO START, THAT'S OK**

**CONNECT WITH THE LIMITLESS  
THOUGHT LEADER.**

**SHE WILL HELP YOU GO FROM**

**LIMITED TO LIMITLESS**

**[www.limitlesspossibilitiesnow.com](http://www.limitlesspossibilitiesnow.com)**