

YOUR UNKNOWN POTENTIAL

RECLAIMING YOUR ONLY REAL ASSET

Whatever you give your attention to requires your energy. Your energy is your life force. Your life force is your life.

No matter who you are, what you're doing or where you are, each one of us has 168 hours a week to dedicate our energy to.

The average person is in bed for at least 56 hours a week. That leaves 112 hours. Subtract another 40 hours for your work week. Now you're at 72. How much time do you spend traveling to and from work? Let's be modest and add another hour per day. You have 69.5 hours left.

Remember to add meal preparation and time to eat. You also need to bathe. Add these two together and you'll need to shave off another 22 hours or so per week. You've got 47.5 hours remaining or an average of 6.75 hours per day.

What else consumes your time? Grocery shopping? Family? Friends? Exercise? Television? Scrolling? Really think about it. What are you doing each day with the time you have?

Are you genuinely satisfied with your life? Are your relationships nourishing and supportive? Are you living in an environment that is conducive to your health and wellbeing? Is your work meaningful? Is your diet nutrient rich and life advancing?

These are not passive questions but deep contemplations to be considered with your heart.

What we do and with whom determines who we become and how we express our energy in the world.

Most people live in states of dissatisfaction, fear, helplessness and disillusion. They don't like what's happening 'out there' yet feel powerless to exert any real change.

Sometimes the truth hits hard and this one is of no exception. Taking our power back requires self responsibility. Many are not willing nor prepared to walk this path. It is not easy. It can definitely be lonely. It often means choosing a life that most will never understand.

Yet beyond this is the supreme gift of being alive. You're no longer existing in a state predetermined by someone else; someone who doesn't know you. Someone who has no idea what your dreams, passions and visions are.



So let me ask you - do YOU know who you really are? Do you know why you're here and what you want to do with your one precious life?

To reclaim your authority, look within. Stop waiting for life to give you what you think you want and find out for yourself what that really is. It's probably nothing close to what you've been conditioned to believe.

The real Rapture is being a human being, alive and in love with their life and themselves.

Herein lies your power to change your life and potentially, the lives of those around you.