**Realizing Your Capabilities**

This episode we are going to give you a little extra push in realizing your capabilities. We are going to pinpoint various hindrances that could be holding you back from reaching this realization. And provide you with ways to counteract these hindrances to help you realize what you are capable of and reach your full potential.

To start it off though, we are going to give you a general definition of what a capability is, what a hindrance is, and what full potential is.

**Capability** – A skill, ability, power or knowledge that makes an individual able to do a certain job or task (Merriam-Webster 2021).

Emerges from a combination of skill, knowledge, emotional ability to cope, and intent (ability to commit – the will to do). If any of these three areas is weak or absent, there will be a lack of capability and the battle at hand may be lost (Varney 2010).

**Hindrance** – Something that provides resistance, delay, or obstruction to something or someone (Oxford Dictionaries 2021).

To understand what it means to reach your full potential, you have to understand what YOUR potential is or could be. There are three different areas that make up your personal potential, and is different for EVERYONE (Andy 2020).

1. Activities that you are good at… Hobbies, jobs, your communication skills, and/or relationships (Andy 2020).
2. The person you may someday become… What career you may hold, your social standing, your bank account balance, your happiness (Andy 2020).
3. Your ability to achieve goals, obtain or not obtain certain honors, reach particular levels of your career or education (Andy 2020).

Identifying what your potentials are, and where you are at on the scale is the first step. Do this literally! Try to take emotion out of it so that you are able to gauge appropriately and accordingly to maximize the areas that you can.

So, full potential is basically being the best that you can possibly be in all areas of your potential.

Now that we have an overall general understanding of capability, hinderance, and full potential… I want to go a little bit further into the hindrances, only because it can be important in realizing something that you may have to change to reach your full potential. So, let’s jump right in…

1. An attitude of self-entitlement… You are not entitled to anything… If you want to accomplish and surpass your goals… It’s gonna take a lot of hard work, dedication and steps to get there… And every single one is worth it (Kesarovska 2017).
2. Allowing yourself to be dictated by the opinions of others… People-pleasing mindset, living your life for someone else. What you think about yourself, and what you do for yourself… THAT is what is most important (Kesarovska 2017).
3. Destructive self-talk and behavior… We all need to be more aware of our self-talk, and try to promote more kind and encouraging self-talk, and especially during times of ‘failure’ and embarrassment. (Kesarovska 2017).
4. Believing that money will ultimately make you happy… When you choose to dedicate yourself solely to making money, you are actively choosing to place value in an external factor that contributes NOTHING to your self-growth (Kesarovska 2017).
5. Making unrealistic goals for yourself… You are setting yourself up for failure by setting goals based on what you *think* that you can achieve versus what you can *actually* achieve. We feel like we don’t have enough ability, strength, confidence etc. Let go of the notion that you are not “enough of something”, and do what you are capable of doing in your own way (Kesarovska 2017).
6. Giving into our fears. Fear is VERY GOOD at disguising itself, and can show up in a multitude of different areas throughout our lives. Despite this, a lot of people don’t want to admit, or won’t admit that they are AFRAID to do what they want to do. Therefore, we make up convenient excuses: I don’t know what I’m doing, I’m just going to fail, I’ll get to it. When you acknowledge the real reason, fear, and come to terms with that, and validate that emotion for yourself, a sense of direction can be easier can be more easily distinguished (Jenn 2021).
7. Not enforcing your boundaries… To be the best version of you means that you have to not only be an advocate for your own happiness, but also an advocate and enforcer of your boundaries as well. You have to be the one to locate, set and *communicate* your boundaries (Jenn 2021). After all, they are ultimately put into place by you to protect you right?
8. Not enjoying the journey… We are all so used to waiting for someone else to judge our work and deem whether or not we are allowed to move forward. This is largely due to the fact that we were raised in a permission-based school system that focuses on passing into the next grade, and not about enjoying the process. We say things like I’ll be happy when I achieve x, y, z. But that list just continues to grow… Appreciate everything that you achieve and give yourself credit for it (Jenn 2021)!
9. Comparing ourselves to others… We look at others who are maybe further along in their journey than we are, has ‘more’ than you, prettier, skinnier, or whatever the difference is… And we expect our results to be similar to theirs RIGHT MEOW. But we don’t see the struggles they faced, the steps they had to take, the mistakes, we just assume that they never existed. When we compare it makes us feel inadequate, incapable and discouraged. Try instead to shift your focus to compare where you are today to where you were yesterday to put your *progress* in focus (Sargent 2021).
10. Waiting for the “right” time… You are just going to keep putting it off and putting it off… This is your mind playing delay tactics. Don’t let it control you because the time IS RIGHT FUCKING MEOW. You have to start somewhere, and there is no right place to start. You won’t know what needs to be done unless you make that decision to jump (Sargent 2021).
11. Asking yourself the wrong questions… We tend to use a lot of if’s and what-ifs… That is not going to help us… They are unhelpful questions and a sure way to suck all energy and motivation out of you… Instead, it is best to change these questions to include how, who and what as the leader of the question. There is no lack of understanding, and you are able to easier answer these questions and move closer to success (Sargent 2021).
12. You expect instant results… There is no such thing as an instant result where success is concerned. We have to be patient, persistent, and give ourselves a *realistic* timeline to achieve results that we want (Sargent 2021).
13. We don’t take action… We make lists and beautiful plans. We rewrite them, we discuss them, visualize them, criticize them… Anything but act on them. If you want to get anywhere, you HAVE GOT TO take the first step. There is no right way to do anything. And you may change your plans after you take that first step, but if you want to get somewhere… ANYWHERE, we have to spend more time acting than planning (Sargent 2021).
14. Listening to everyone but ourselves… We seek advice, sit, listen, and assume that everyone knows what they are talking about. We have it drilled into us that if we do not do things the ‘right’ way, we will fail miserably. It is important and normal by all means to seek comfort in others, to read and learn… But it is just as equally important if not more important to let your own heart and instinct guide you because there are so many different directions that we can be pulled into that we lose sight of who we are and what we want. You have to trust that you will find your own best way of living your own life... There is no wrong way (Sargent 2021).
15. Assuming there is a secret to success… There is no secret, just persistence… Any project when we first start is going to seem damn-near impossible to achieve. We make this mean that we are lacking in some way, and therefore we should aim lower, try something easier, or settle for something less demanding. You have a choice right now… to feed into that mindset, or to challenge that mindset. Just remember that anything that you do consistently will get easier the more that you do it. Persistence is the secret to success, not talent (Sargent 2021).
16. We are not flexible… When we make a plan, we want to stick to it no matter what. We hold on so tightly to that plan that we begin to assume that it is the only way to succeed, and close our minds off to other possibilities without realizing it. Just make sure that you are keeping an open mind and don’t be afraid to adjust your plans to better fit your needs, and get creative with them (Sargent 2021).
17. Trying to do everything alone… We often see asking for help as a sign of weakness, or we don’t think to ask for help from anyone, because we want to succeed on our own. We want to be able to look back and say, I did it all by myself. It’s not realistic… and yet, we build this impenetrable imaginary fortress ourselves and ‘work through it’. Make a list of 3 things that you are struggling with… Next to each one, list someone that you know or are acquainted with who has experienced something similar… Now write one question that you would like to ask each person…. NOW REACH OUT… MEOW (Sargent 2021).
18. We do not know when to let go… We try our best… Time and time again, using different tactics, approaches, methods and put in countless hours to achieve something that you feel is worthwhile and important to you. And yet, we don’t get the results that we are hoping for. So, you work even harder, and faster hoping that somehow you will get there. We lose our joy, excitement and/or motivation and we get burnt out. It is okay to let go of something… Even necessary at some points depending on the situation (Sargent 2021).

Finally……………. PREPARE TO BE UPLIFTED… Because NOW we are going to give you a few different ways to counteract these hindrances and help you to realize what you are truly capable of and ways to encourage you to reach your own potential.

1. Understand that we are not born knowing ourselves, and it doesn’t all magically come to you when you are an adult. Rather, you have to make the active decision to do it with intent and purpose. This means learning our strengths, weaknesses, passions, fears, desires, and dreams while respecting our values, beliefs, body, and relationships. In addition, getting to know yourself means to better understand our personality, priorities, moods, habits, and your purpose in life. And it is okay if you don’t know these things… This is an opportunity FOR YOU to start… And don’t get frustrated with yourself (Al-Alaiyan 2016)!
2. List the top core values that help you to make your decisions such as honesty, integrity, security, flexibility, dedication, etc. (Al-Alaiyan 2016).
3. Embrace our discomforts… We say all the time to get outside of your comfort zone… But when recognizing our capabilities, it isn’t enough just to be outside of said zone, but we have to embrace the situations that we find to be uncomfortable. Only then are we truly able to learn and move forward (Andy 2020).
4. Be accountable… We have to be able to hold ourselves accountable for our actions… The facts. It is sometimes helpful to look at the various decisions that caused negative outcomes to gain a better understanding of our path by examining past behavior. We cannot blame others for where we are in the world. The world is not against you, and it is up to you to both make and take opportunities to help you reach your full potential. One thing that you can do… Is to stand in front of the mirror, look yourself in the eye, and take responsibility when necessary (Andy 2020).
5. Learn lessons from the past… We cannot get stuck wallowing in mistakes or misery from your past. There is a major difference between living in the past and taking lessons from it. It can be painful… but it gives you an opportunity to look back at everything that you have overcome and note your greatest strengths and weaknesses. It is important to look at our mistakes that we have made, to ensure that we have grown from it and will not repeat the same mistakes again. These lessons allow us to move forward if we actively choose not to let the mistakes that created them control our lives and drag us down (Andy 2020).
6. Set goals on a consistent and regular basis… These goals should be realistically achievable, but still made in a way that will push you outside of your comfort zone. We have to look at the bigger picture that you have imagined for your life and break it down into bitesize goals that you can set and achieve on a daily basis to push you forward. Being consistent and realistic with your goals will help you to focus and inch closer to your potential (Andy 2020).

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