



Highest Potential Training

New Year: No Limits Part 1

1. Definition of UPL _____.

2. Where in your life do you experience a UPL? -

3. 5 Ways Self-Talk maintains a UPL.

1. "That's _____!"

2. "I can't _____."

3. "No one _____ me."

4. Dichotomy mindset: "If this, _____ than that
_____."

5. "My _____ is already _____."

4. UPL Graph – plot your UPL

10
9
8
7
6
5
4
3
2
1

| | | | |

5. Record your UPL here: _____

6. Self-Talk Strategies

7. How to get beyond your UPL http://www._____