

No limit thinking



ONE WEEK'S PRACTICE IN ALLOWING YOURSELF TO DREAM BIG

"Who said, the sky's the limit when there are footprints on the moon?"
— Paul Brandt

No limit thinking

day one

For 5-10 minutes practice no-limit thinking. Think about some of the most mind blowing events/creations that have happened in the world - can you fill this page?

Flight
Advances in modern medicine
Landing on the moon
The internet
Smart Phones
Cinematography

Someone had to first start by allowing themselves to dream big. These things didn't exist before. They couldn't draw or rely on the past for evidence and proof that it could be done. They had to be future focused. They had to practice no limit thinking.

No limit thinking

day two

"Your future is limited only by your imagination and since your imagination is unlimited your future is unlimited as well" -Brian Tracy

Write down anything and everything you want to accomplish in your lifetime. This is if there were no money constraints, if you had all the time in the world, all the resources, the education, the knowledge, the contacts, everything. If you had NO LIMITS, what would you want to accomplish and work towards?

No limit thinking

day three

"You are a child of God of infinite Capacity" – Gordon B. Hinckley

No limit thinking

day four

"One of the unique things about the human brain is that it can do only what it thinks it can do. The minute you say, "My memory isn't what it used to be ..." you are actually training your brain to live up to your diminished expectations. Low expectations mean low results. The

first rule of super brain is that your brain is always eavesdropping on your thoughts. As it listens, it learns. If you teach it about limitation, your brain will become limited. But what if you do the opposite? What if you teach your brain to be unlimited?"

— Deepak Chopra

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day five

"if you are going to become limitless, you must summon the explorer within you."
— Lori Myers

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day six

"The key to your limitlessness is for you to recognize that you have the choice to change."
— René Gaudette

No limit thinking

day seven

"One of the greatest weaknesses in most of us is our lack of faith in ourselves. One of our common failings is to depreciate our tremendous worth." — L. Tom Perry