

MATTMCWILLIAMS

Live with Passion. Lead with Purpose. Leave a Legacy.

What Beliefs are Holding You Back?

Are you limiting your potential to what you know or what others tell you? All too often we allow our circumstances (what we know) and what others say about us (our parents, the media, statistics) to determine how high we think we can reach. We let the things most out of our control hold us back from our true potential.

When I was growing up, living with a single mother, we moved seven times in a six year span. I often joke that my mom worked three jobs just to keep us on the right side of the tracks, *but I could see the tracks from my bedroom!*

We bounced around from town to town, apartment complex to trailer park, school to school, and on more than one occasion had our car repossessed. All of that seemed normal to me.

I didn't know stability. I didn't know wealth. I didn't know what was possible.

All of that changed when I began to open my eyes to what was truly possible. When others told me (through books, speeches, and in person) what my potential was, I *chose* to believe them. When opportunities came my way, I didn't rule them out as impossible, I jumped on them.

Joining the 1% club

According to the March 2015 issue of *Money Magazine*, the myth that the "1% club" is static, never-evolving, and impossible to join is *flat out (better adjective) false!*

In fact, researchers at Cornell and Washington University determined that more than half (53%) of Americans will at some point earn enough in one year to be in the highest 10% of earners that year. One out of every nine Americans (11%) will find themselves in the top 1% at some point. One out of nine!

In other words, there is world open to us that most of us don't realize.

88% of millionaires are first generation wealthy. The overwhelming majority of them did not come from wealth, inherited little or nothing, but worked their way to top earners and savers. Despite their backgrounds, they believed in their potential, rejected limiting beliefs, and prospered.

According to Brian Tracy, the average self-made millionaire has gone broke 2.4 times! At least two-thirds of the richest people in the world at one point in their adult lives were literally broke.

That is proof that the majority of success stories are built on total failures. And it should be hope for all us of what is possible.

Not about money

The point of those examples is not about money. Money is merely a tangible measurement. The point of those examples is about possibilities.

The people who move from poverty to wealth expanded their possibilities. The ones who grew up never leaving their hometown but later traveled the world expanded their possibilities. Those "rare" individuals who we all look up to, according to the statistics, they aren't all that special. What was possible for them is possible for you.

What about when the statistics aren't in my favor?

You might say, "But Matt, what about when the statistics are against me?" The 1% club excludes the 99%. Only 5% of small businesses succeed. Only 10% of people get accepted to that position. The doctor says I have 20% chance.

Well, *someone* has to be the 1%. Someone has to be the 5% of businesses that succeed. Someone has to be the 10% that gets accepted. Someone has to make up the 20% that survive.

What should it not be you?

The amazing thing about the "1%" is the sheer number of people who actually make it up. It seems so elite and yet...it's more than 3 million Americans.

The attitude you must adopt

The attitude you must adopt is one that allows you to have your cake and eat it too. Use the statistics only when they favor you and ignore them when they don't.

Years ago, there was a basketball player at the University of Virginia. He was the star player on the team but he was 0-for-12 that night. He literally had missed every single shot he'd attempted. But with the game on the line and less than fifteen seconds left in the game, he demanded the ball during a timeout.

He nailed the shot!

Later when the reporters asked him how he managed to have the nerve to demand the ball when he hadn't made a shot all night, he told them, "I was due."

But what if he was 12-for-12? Then his attitude would have been, "I'd know I was hot. I couldn't miss."

Either way, in his mind, *he could not miss that shot.*

That's the attitude I'm asking you to adopt.

What beliefs are you holding on to?

What limiting beliefs are keeping you from fulfilling your destiny?

What lies are you believing that are keeping you from being the exception to the statistics?

What beliefs are keeping you from accomplishing all that you've been called to do? What's keeping you from changing the world?

Will you decide *now* to change those beliefs?