

MATTMCWILLIAMS

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

3 Phrases You MUST Eliminate to Reach Your Full Potential

The Subtle Words that Limit Your Growth and Hold You Back

The words you say determine your attitude (how you feel) and your altitude (how much you will achieve). Are your words inspiring you and equipping you? Or are they limiting and crippling you? The good news is the choice is yours.

I read an interesting proverb recently. It demonstrated clearly the power that our words have on our mindsets, our feelings, and our performance.

Blow on a spark and up it flares, spit on it and out it goes; both are the effects of your mouth.

Your words can light a fire or put it out.

They can lift you up or drag you down.

They can keep you going or bring you to a screeching halt.

I think that we all instinctively know this on some level. We know that we shouldn't say cruel and limiting things to ourselves like:

- "I am so fat."
- "I am just lazy."
- "I suck at business."

Those are obviously negative and limiting statements. And while they may or may not speak to a present truth, we know that saying them out loud has negative consequences on our psyche, our bodies, and our performance.

But what the subtle phrases we say that hold us back?

Today, I share three such phrases that seem harmless but may be holding you back from reaching your full potential. These are three phrases you MUST eliminate.

1. "I'll Try"

Yoda had it right

You cannot TRY to do anything. There is only action or inaction.

You either take action and *do it* or you don't.

By saying, "I'll try" you give yourself an out. You remain uncommitted and don't give your best effort.

I remember watching a presentation by Tony Robbins during which a well-meaning lady said that she had *tried* to work on her relationship with her husband. Tony then asked her to try to pick up the chair behind her. She then picked up the chair.

"No," Tony said. "You picked up the chair. I asked you to *try* to pick it up."

This time she did nothing.

"Now you aren't picking it up," he told her. "I said to try to pick it up."

Once again, she picked it up. And on and on they went until finally she understood the message.

You cannot try. You can do or not do. The choice is yours.

Eliminate the phrase, "I'll try" from your vocabulary.

2. "I Can't Afford That"

This is one of the most limiting and self-defeating phrases that I hear from too many people.

"I can't afford that" is not a statement of present truth, but rather a limiting belief. It's a statement not based on your current financial status but on your belief in your abilities, your market value, and your worth.

In his book, *Rich Dad, Poor Dad*, Robert Kiyosaki offers an alternative phrase to ask yourself in place of this limiting statement:

How *can* I afford this?

The first statement is a brick wall that puts an end to your hopes and dreams. The second is full of possibility and curiosity.

If you want to reach your full potential, start looking for ways to afford the things that will get you to the next level. Maybe it's a training course, professional counseling, or membership in a club or mastermind group. Whatever it is, find a way to make the investment and stop limiting your growth by saying "I can't afford this."

3. "I have to ____"

I caught myself saying this the other day.

It was late at night and I told my wife, Tara, that I "have to write an email" for a client.

I didn't have to do it though. I *got* to. I *chose* to.

While more than 200 million people on earth remain unemployed, I am not.

While the majority of the workforce in the world works for less than \$5.00 per day, that email I wrote was worth thousands of dollars.

And I had the audacity to say that I *had* to do it?

You don't *have* to go to work. You *get* to provide for your family!

You don't *have* to pick up the kids from school. You *get* to be there for your kids!

You don't *have* to go workout. You *get* to do something that more than *1 billion* disabled people in the world would be thrilled to do.

Stop saying "I have to" and you'll find more meaning and enjoyment in your daily tasks. You'll do them with more energy and you'll perform better.

Place your focus on gratitude for your blessings, not on grief for the things you are missing.

What phrase do you find holding you back the most?