

ACCESSING YOUR TRUE POTENTIAL

WORKBOOK



VITTORIO CALABRESE

ACCESSING YOUR TRUE POTENTIAL WORKBOOK

Four Core Principles To Being The Best
Version Of You

VITTORIO CALABRESE



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Table of contents

Ch. 1 - The Basics

The Daily Struggle --- There is Never an End --- 80% Rule

Ch. 2 - What is Your True Potential?

Ch. 3 - Four Core Principles

Health Wheel --- Clarity Wheel --- Peace Wheel --- Power Wheel

Ch. 4 - The Six Pillars

Nutrition --- Fitness --- Routine --- Mental and Spiritual Health ---
Family and Relationships --- Continuous Learning

Ch. 5 - Nutrition

Eliminate the intake of poison --- Go organic --- Understand nourishment
--- Supplement when needed

Ch. 6 - Fitness

How to Start --- Keep it Simple --- Make a Schedule --- Track Progress ---
Reduce Sedentary Lifestyle --- Set Goals

Table of Contents

Ch. 7 - Building Effective Routines

Sleep Needs --- Morning Routine --- Bedtime Routine --- Daily To Do List --- Long Term Goals --- Bucket List

Ch. 8 - Mental and Spiritual Health

Mindset --- Being Present --- Meditation --- Journaling --- Vision Boards --- Moods

Ch. 9 - Family, Relationships and Work

Partners --- Dependents --- Resolving Issues --- Negative People --- Work-Life Balance

Ch. 10 - Continuous Learning

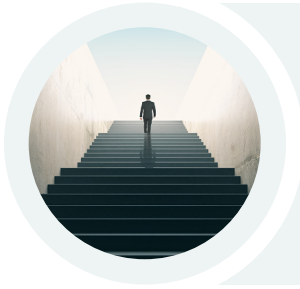
Answering the Big Questions --- Current Education Level --- Books --- Media

Ch. 11 - How Do I Start?

Make Time --- Start NOW --- Enjoy the Process

Ch. 12 - Start Slow and Be Steady

Accessing Your True Potential Objectives



First, you will learn the basics of accessing your true potential, including the four core principles and the six pillars.



Next, you will focus on your physical body with an emphasis on nutrition and fitness.



Then, you will learn how to implement effective routines.



Finally, you will focus on your mind by optimizing your mental and spiritual health, having healthy relationships, continuing to learn, and applying all of this to your life.

Unleash Your Potential

MY GOALS

What goals are you struggling to achieve?

1

2

3

4

5



CHAPTER 1

The Basics

THE DAILY STRUGGLE

One of my most important foundational learnings is that it takes substantial effort and commitment to keep going with something that we have taken up.

THERE IS NEVER AN END

Always keep in mind that there is never an end. Don't be your worst enemy by becoming complacent. You need to direct your attention to getting a list of your next goals. Always be dreaming, planning and giving each goal the energy it deserves!

THE 80% RULE

The 80% rule states that you can get what you want out of life by ensuring you at least give eighty percent of your maximum effort to what you are trying to achieve. I understand that you are eager to give it your maximum effort, but taking on rigorous tasks without building the right habits and skills will only lead to failure.

The Basics

What Keeps You From Reaching Your Goals?

These are the 9 most common reasons that people don't reach their goals

	THIS	OR	THAT
COMPARISON 1 →	Perfectionism Thinking that everything has to be perfect.		End Result Thinking that the undertaking is too big.
COMPARISON 2 →	Excuses/Fear of Failure Thinking of all of the reasons that you can't do it.		Taking Big Steps Taking on too much too fast.
COMPARISON 3 →	Procrastination Always waiting to start another day.		Expectations Setting the bar too high for yourself.
COMPARISON 4 →	Distractions Thinking of all of the other things you have to do.		Lack of Consistency Only doing it sometimes.

The Basics

What Keeps You From Reaching Your Goals?

Q1: Which of these keeps you from reaching your goals the most?

Perfectionism

End Result

Q2: Which of these keeps you from reaching your goals the most?

Excuses

Taking Big Steps

Q3: Which of these keeps you from reaching your goals the most?

Procrastination

Expectations

Q4: Which of these keeps you from reaching your goals the most?

Distractions

Lack of Consistency

Q5: Which of these keeps you from reaching your goals the most?

Fear of Failure

Something else

The Basics

The Daily Struggle

Reflect on what gets in your way when you go after your goals.

Embrace what life throws at you,
and choose to be happy no matter what comes.

The Basics

There is Never an End

How will you acknowledge that you must never stop and must keep pushing forward?

What steps will you take?

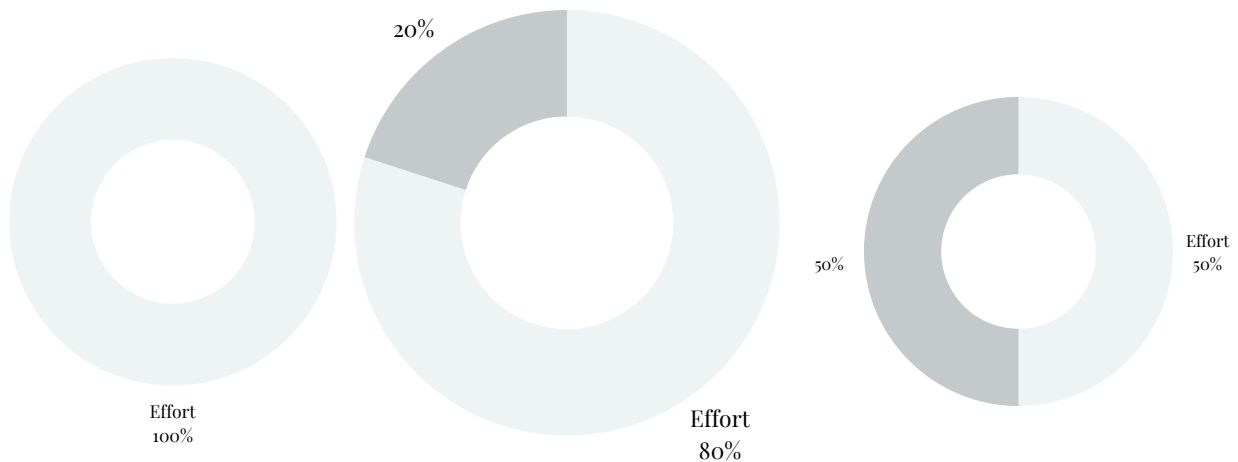
Death is the only finish line. Until then you should continue to strive for more in your life.

How will you do this?

The Basics

The 80% Rule

Try to give at least 80% effort to everything you do and increase that effort level as you develop better habits.



- Giving 100% is not sustainable, and it leaves 0% to give to anything else.
- Giving 80% is sustainable over time, and it allows for growth.
- Giving half of your effort to something maintains it, but you don't grow.

Explain one example of how you will apply the 80% rule to your life right now.



#2

CHAPTER 2

WHAT IS YOUR TRUE POTENTIAL?

“There is no man living who isn’t capable of doing more than he thinks he can do.”

—Henry Ford.

What is Your True Potential?

SWOT ANALYSIS

Narrow in on your true potential by doing a SWOT analysis.

STRENGTHS

S

WEAKNESSES

W

OPPORTUNITIES

O

THREATS

T

What is Your True Potential?

Your Ego



How your ego gets in the way

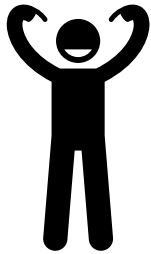
Ego isn't unique to a person. It is present in everyone to one degree or the other. Ego is the voice in our head that tells us to be fearful when we are about to try something new. It is what gives us an unearned sense of pride after every little achievement that may have been bigger had ego not stood in the way.

REFLECT:

Tell about an example when your ego got in the way.

What is Your True Potential? A Deeper Look at Your Ego

Mark the ways that your ego gets in your way.



It tells you to be fearful when you are about to try something new.



It gives you an unearned sense of pride after every little achievement.



It limits how far you think you can go.



It stops you from giving your full effort.



It stops you from trying for fear of danger.



It keeps you from achieving your true potential.

What is Your True Potential? Ego Awareness Quiz

Rate these statements on a scale from 1 - 5
with 1 being not true and 5 being very true.

	no				yes
	1	2	3	4	5
Q1: I respond to negative life events by saying, "Why me?"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q2: My humor is based in self-deprecation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q3: I have a tendency to retaliate.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q4: I tend to think I am better than others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q5: I am impulsive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Q6: I struggle with anger.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



What is Your True Potential?
**What are some ways that your ego
gets in your way?**



Grey horizontal bar for writing.

Grey horizontal bar for writing.

Grey horizontal bar for writing.

Grey horizontal bar for writing.

Grey horizontal bar for writing.

Grey horizontal bar for writing.

Light grey horizontal bar for writing.

Light grey horizontal bar for writing.

Accessing Your True Potential

Project Timeline

Now that you have identified what is getting in your way, let's look at the steps we are going to take.

THE BASICS

First, you will learn the basics of accessing your true potential, including the four core principles and the six pillars.

START

HEALTHY BODY

Next, you will focus on your physical body with an emphasis on nutrition and fitness.

ROUTINE

Then, you will learn how to implement effective routines.

HEALTHY MIND

Finally, you will focus on your mind by optimizing your mental and spiritual health, having healthy relationships, continuing to learn, and applying all of this to your life.

END



#3

Chapter 3

Four Core Principles

HEALTH WHEEL

No matter how motivated you are to chase your dreams; if you have an unhealthy body, it is unlikely that you will get far.

CLARITY WHEEL

Clarity of mind is key. You can have the healthiest of bodies and mind but if you are not clear with your intentions you will never advance.

PEACE WHEEL

The peace wheel can be set in motion when you get your mental/spiritual health and family/relationships in order.

POWER WHEEL

Pursuing new information constantly and refusing to stop no matter what height or setback you reach is, to me, the essence of being alive.





The Four Core Principles Health Checklist

AS WE GET STRONGER AND MORE DISCIPLINED WITH OUR NUTRITION AND FITNESS, OUR BODIES GET EVEN STRONGER, INCREASING THE MOMENTUM OF OUR HEALTH WHEEL.

Make a checkmark next to each of these things that you are currently doing.

1

FITNESS

⋮

Have a dedicated time to work out.

Have a fitness plan.

Find workout partners.

2

NUTRITION

⋮

Be conscious about the food you eat.

Drink lots of water.

Be intentional about supplements.

3

HEALTH CONDITIONS

See your doctor regularly.

Be aware of side effects of medicine.

Get enough sleep.



The Four Core Principles

4 Steps to Clarity

Make a checkmark next to each of these things that you are currently doing.

1 MINIMIZE STRESS

Everyday stressors are a part of life.
Eliminate major stressors - toxic relationships, negative habits and negative emotions.

2 DECLUTTER

A disorganized space equals a disorganized mind.

3 STAY GROUNDED

Practice meditation and mindfulness to stay grounded in the present.

4 SET GOALS

Written goals are your guide map to your future - where you're going and how you will get there.



The Four Core Principles
Peace Worksheet

UNDERSTANDING THAT WE DO NOT CONTROL EVERY ASPECT OF OUR LIFE, ACCEPTING WHAT ENTERS OUR REALITY AND THEN REACTING APPROPRIATELY IS THE ONLY WAY TO HAVE PEACE IN OUR LIVES.

HOW DO YOU FEEL ABOUT THE FACT THAT YOU CANNOT CONTROL EVERYTHING?

ONE OF THE HARDEST LESSONS I HAD TO LEARN WAS THAT YOU CANNOT “FIX” ANYONE NOR SHOULD YOU TRY SINCE EVERYONE IS ON THEIR OWN PATH.

HOW DO YOU FEEL ABOUT LETTING THE PEOPLE IN YOUR LIFE FOLLOW THEIR OWN PATH?



The Four Core Principles Power Q&A

LEARNING FORCES THE BRAIN TO CONTINUOUSLY CHANGE, SLOWING
DOWN ITS AGING PROCESS.

Question 1:

What are you doing right now to continuously learn?

Question 2:

What have you done in the past to learn?



Question 3:

What can you do in the future to continuously learn?

The Four Core Principles

Ways I Can Implement These Principles in my Life

Make a list of action steps you can take for each principle.

 <p>Health</p>	 <p>Clarity</p>
 <p>Power</p>	 <p>Peace</p>

CONTINUOUS IMPROVEMENT IS PREFERRED OVER LARGE SYMBOLIC GESTURES THAT AREN'T SUSTAINABLE.



Four Core Principles Weekly Plan



Let's implement some of these ideas this week.

CHECKLIST

MONDAY

Light blue rectangular area for Monday's notes.

TUESDAY

Light blue rectangular area for Tuesday's notes.

WEDNESDAY

Light blue rectangular area for Wednesday's notes.

THURSDAY

Light blue rectangular area for Thursday's notes.

FRIDAY

Light blue rectangular area for Friday's notes.

Checklist area with 10 horizontal lines and a vertical column of 10 small white circles on the left side.

NOTES

Light blue rectangular area for notes, tilted slightly, with a black pushpin icon at the top right corner.



#4

CHAPTER 4

The Six Pillars



THE PILLAR OF NUTRITION

In modern society, nutrition is overlooked to the point where it has become the leading cause of illness in the U.S. Rather than fixing our diets, we have taken to trying to rectify our worsening health conditions with artificial and natural medication that ends up costing us a fortune and, at times, even messing with our health more than it helps.

THE PILLAR OF FITNESS

In a study published under the title ‘A Systematic Review of the Relationship Between Physical Activity and Happiness,’ the researchers document how even a little exercise can boost happiness. What is surprising is that any type of movement, even done for ten minutes once a week, had a noticeable impact on mood and mental wellbeing.

THE PILLAR OF EFFECTIVE ROUTINES

A routine is a series of tasks that are a constant in your life. To form routines that stick and are easy to follow, you need to start slowly and keep adding on routines only once the previous ones become automatic (have become habits).

THE PILLAR OF MENTAL & SPIRITUAL HEALTH

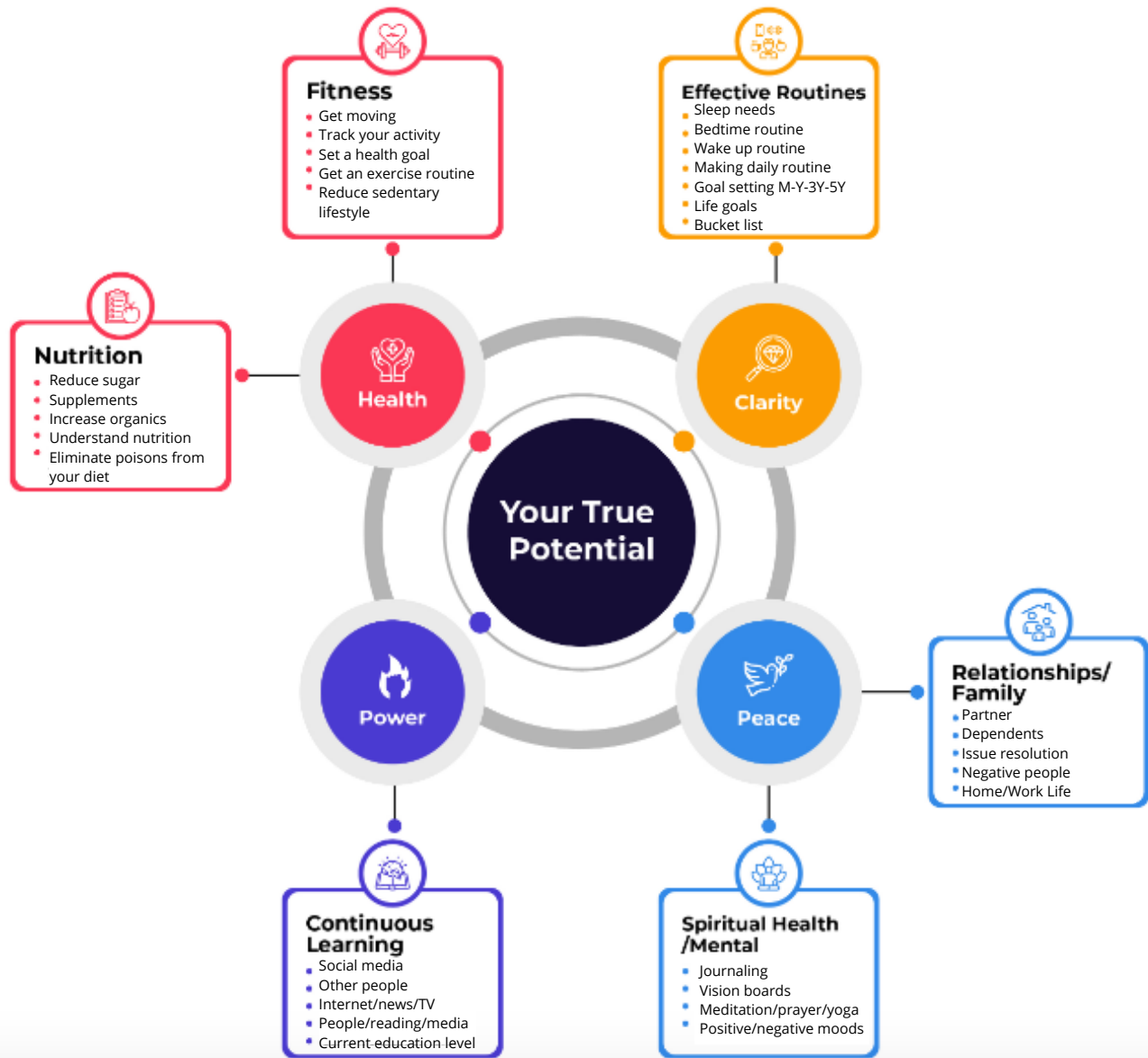
This pillar is all about doing things that drown out the noise of life and give you a chance to internalize the things that you want to manifest in your life. When done correctly, you can reprogram your subconscious mind to benefit you rather than fight you.

THE PILLAR OF FAMILY & RELATIONSHIPS

The relationships we share with others is a great indication of where we will end up in life. It hence makes a lot of sense to create, cultivate, mend, or eliminate relationships in your life so that they are in line with your needs.

THE PILLAR OF CONTINUOUS LEARNING

Getting the power wheel to spin is quite rewarding in the long run. What you need to do is focus on constant learning and self-improvement. In this present day, surrounded by information, we have no excuse to not learn.



The Six Pillars Nutrition



Step 1

Reduce Sugar.



Step 2

Eat more organic foods.



Step 3

Understand your
macronutrient requirement
and stick to that.



Step 4

Take supplements when
needed.



Step 5

Eliminate stuff from your diet
that is poison, such as
vegetable oils.

How will you increase your nutrition?



The Six Pillars Fitness

Stick to Your Fitness Schedule

20%

Add Movement

20%

Set Goals

20%

Reduce Sedentary Lifestyle

20%

Track Your Progress

20%



Make a checkmark next to each of these things that you are currently doing.

How will you increase your fitness?



The Six Pillars
Effective Routines

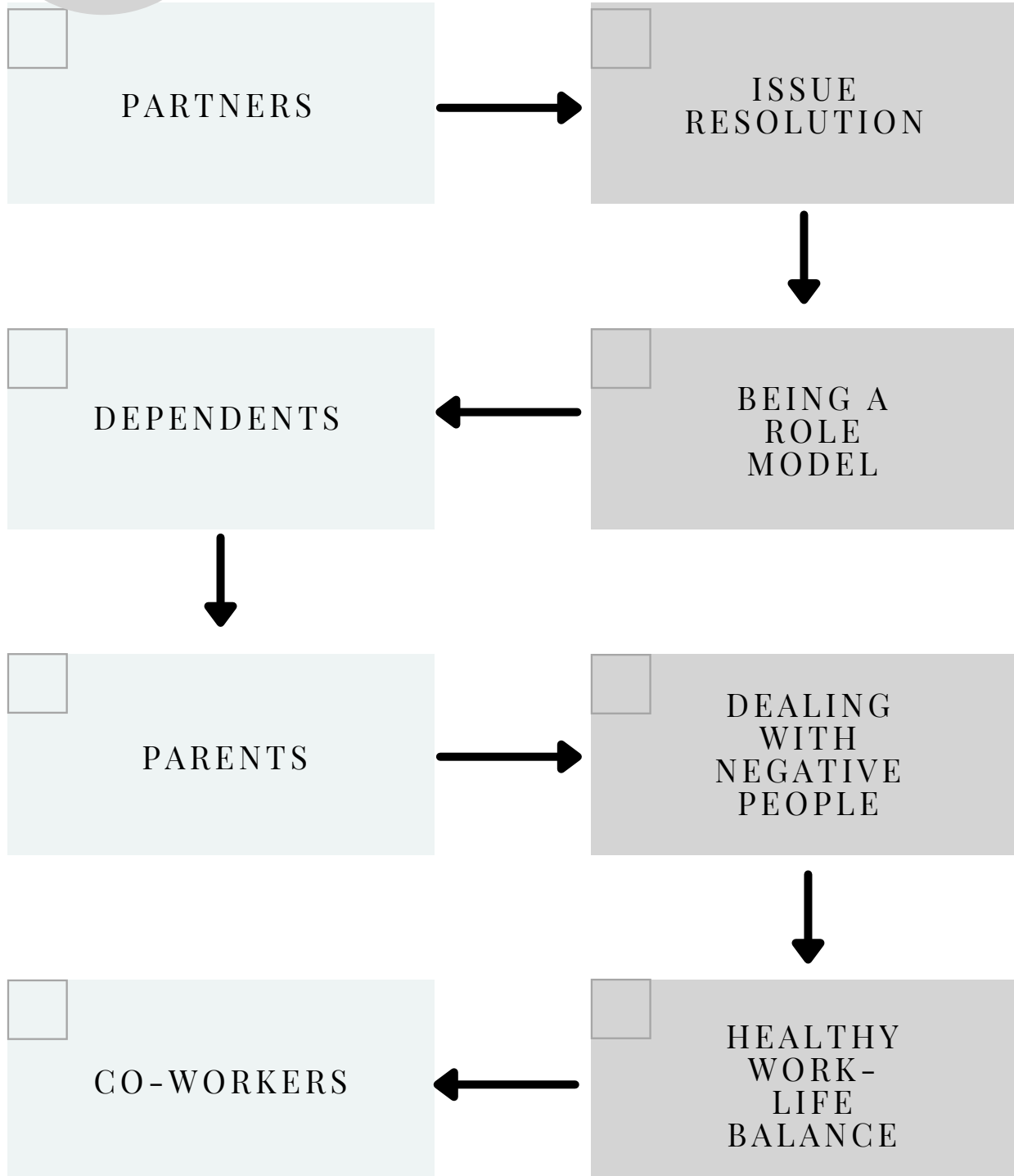
Make a Vision Board





The Six Pillars Family & Relationships

Mark these components with S for something that is going well, and W for something to work on.





The Six Pillars Spiritual & Mental Health

Circle which benefits you would like to focus on.

Step 1: Meditation/Prayer

clear mind better focus lower blood pressure
increased relaxation less depression

Step 2: Journaling

reduce stress boost health and well-being
space from negative thoughts self-reflection

Step 3: Vision Board

set intentions boost chance of success
make your dreams clear motivation

Step 4: Affirmations

boost mood promote positive coping
enhance self-esteem reduce anxiety



The Six Pillars Continuous Learning

What are some topics that you
would like to learn about?

What books are on your to read
list?

The Six Pillars Applying Them to Your Life

Jot down a way that you can apply each of these pillars to your life.



1

Nutrition -

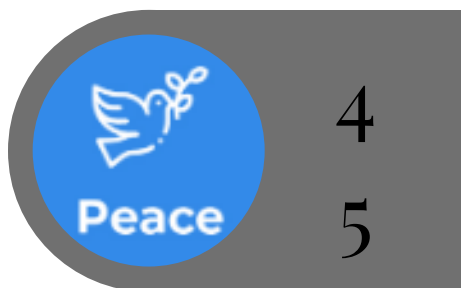
2

Fitness -



3

Effective Routines -



4

Family & Relationships -

5

Spiritual & Mental Health -



6

Continuous Learning -



#5

Chapter 5

Nutrition

- A lot of the medications we take, especially supplements, are produced by refining natural products. Consequently, we can conclude that food can be a drug and when used correctly a form of medicine. Given this reality, we have to be extremely conscious about what we put in our bodies.
- Non-organic foods are notoriously high in dangerous chemicals. Both plants and animals are grown and treated with various toxins to make them grow bigger and more colorful. As a result, it is highly recommended that you look for fresh whole foods that are organic, fish that are wild-caught, or animals that are grass fed and free of any chemicals. Get as close to that as possible while sticking to your budget.
- All the food we consume is made of macronutrients, such as fats, carbohydrates and protein. There is also a subcategory of carbohydrates known as alcohols. Being cognizant of the amount you consume when it comes to these macros is a vital part of healthy living.
- Supplements fall in the same vein but are more like food than vitamins. You need to make sure you are buying from good brands and not ones built around fancy marketing ploys with little to no value. The US supplement industry is not regulated leaving a lot of room for quality in products that are sold.



Nutrition

The Process

Check the things you are doing. Jot down your plan on the lines.

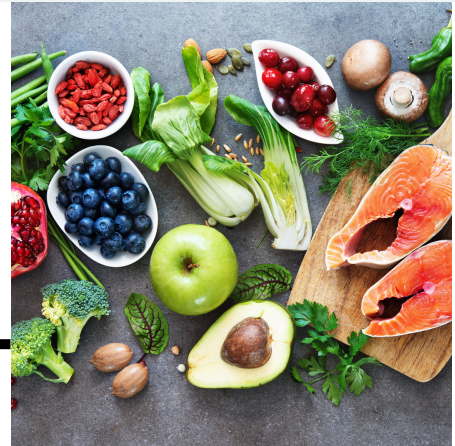


Eliminate the intake of poison

Limit sugar and vegetable oil.

Go organic

Eat foods that are as pure as possible.



Understand nourishment

Understand macronutrients and supplement only as needed.





Nutrition Reflection

Answer these questions to reflect on your relationship with nutrition.

Q 1: How much sugar is in your diet?

Q 2: How much do you incorporate organic foods into your diet?

Q 3: What supplements do you take, and why?



Nutrition

Deep Nutrition

Nutrition is an instrumental pillar of the health wheel. It makes up half of what it takes to keep the health wheel spinning. Given how significant it is, I have taken great pains to research this topic. Notably, most of my teachings are from Dr. Catherine Shanahan’s “Deep Nutrition.”

01

Note your thoughts.

Lesson 1

We may be advancing in medicine at a staggering pace, but it’s not enough to keep up with our bad diets causing a decline in our health.

02

Lesson 2

Steer clear of vegetable oils and things with added sugars because they slowly cause damage to your body.

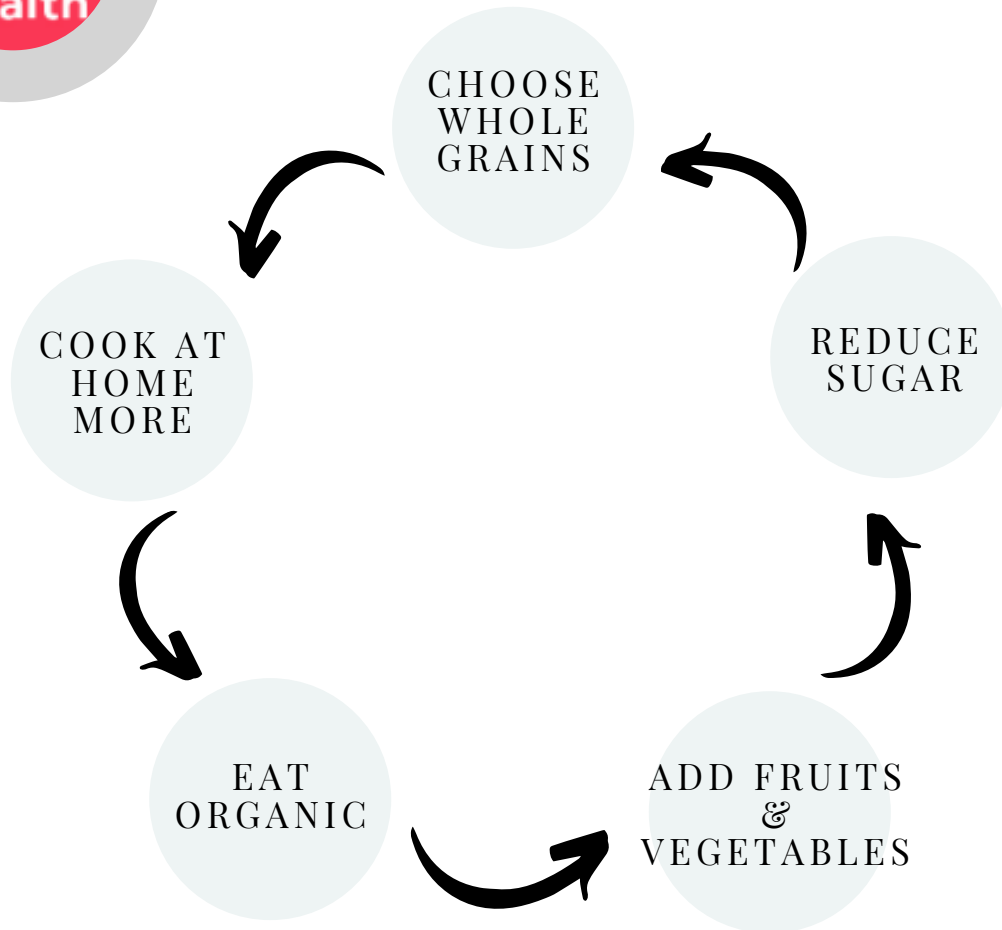
03

Lesson 3

There are Four Pillars to a healthy diet: bone-in meat, organs, fermented/sprouted food, and fresh food.



Nutrition 80% Rule for Nutrition



Simple Ways to Improve your Nutrition

As I read the wise words of Dr. Catherine, I had come to realize the true meaning of proper nutrition. Although she is a strong advocate of the whole foods diet, the doctor, like myself, does not believe that being healthy requires you to follow any specific diet. Further, she is convinced of the power of the 80% rule, which allows you to eat your favorite meals 20 percent of the time while sticking to healthy alternatives made at home for your other meals. Another striking aspect of the book is that it steers you clear from fad or extreme diets, all the while respecting the choices of the people making them.

I will apply the 80% rule to nutrition by.....



Nutrition Smart Goals

Specific

&

Measurable

Make your goals specific and narrow for effective planning.

Define what evidence will prove you're making progress and reevaluate when necessary.

Achievable

Make sure you can reasonable accomplish your goal within a certain timeframe.

Relevant

Your goals should align with your values and your long-term objectives.

Time Bound

Set a realistic, ambitious end date for task prioritization and motivation.



Nutrition Smart Goals

Set some nutrition goals.

Specific

&

Measurable

Achievable

Relevant

Time Bound



CHAPTER 6

Fitness

#6

Obesity is a problem.

An alarmingly large section of the global population is obese. Even though obese people are more likely to die from COVID-19 than the general population, the issue barely gets any news coverage. The effect the novel coronavirus has on the obese is only one example. There are a whole host of other disorders and diseases that have far worse implications for those that are obese, but there is rarely any kind of streamlined response to it from elected officials, the media or any other sources. We brush it under the rug for the most part in an effort not to offend.





Fitness Check List

Check the items that you are already doing. Make plans in the notes section.

KEEP IT SIMPLE

MAKE A SCHEDULE

KEEP TRACK OF YOUR PROGRESS

REDUCE SEDENTARY LIFESTYLE

SET REALISTIC AND SCALABLE FITNESS GOALS



NOTES



Fitness

Design Your Plan

Make a fitness plan.

Step 1

Create a balanced routine.

Step 2

Start slow.

Step 3

Build activity into your daily routine.

Step 4

Include different activities.

Step 5

Put the plan on paper.



Fitness
What gets in your way?

A series of ten horizontal bars for writing. Each bar consists of a dark grey rectangular segment on the left side, followed by a light blue-grey rectangular segment on the right side.



Fitness Avatar



Create your fitness avatar. It should match who you are and where you want to be.

NAME, AGE AND GENDER

LOCATION AND OCCUPATION

HOBBIES AND INTERESTS

VALUES, PRIORITIES AND RESPONSIBILITIES

DESIRES, DREAMS AND GOALS



Fitness Q & A

Q1: What is your primary motivation?

1. Lose weight

2. Gain muscle

3. Increase energy level

4. Be healthier

Q3: How will being fit most benefit you?

1. Boost your brain health

2. Improve your microbiome

3. Boost your mood

4. Cope with stress and anxiety

Q2: What else motivates you?

1. Slow the aging process

2. Be happier

3. Lengthen lifespan

4. Improve body composition

Q4: What strategy will help you be successful?

1. Put it on your calendar

2. Have a workout buddy

3. Use an app

4. Take a class



Fitness

Steps to Success

Check which things you are currently doing.

- FACTOR 1** Consistency - Stick to your plan to get results.
- FACTOR 2** Rest Days - Have active days and rest days.
- FACTOR 3** Variety - Don't do the same type of workout every time. Mix it up.
- FACTOR 4** Challenge - Over time, increase the difficulty of your workouts.
- FACTOR 5** Record Keeping - Know what you have done so you can see what's working.
- FACTOR 6** Make It Happen - Get started and keep going.



Fitness Weekly Plan

Make a fitness plan for this week.

SUNDAY:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

NOTE:



CHAPTER 7

Building Effective Routines

What you read in this book will be completely useless if you do not develop the right habits. Without proper habits, you will find that the results that you want, the things that matter most to you, are elusive.

This is true for pretty much everything. Good relationships, a healthy body, and a fulfilling career are all things that arise from having the right habits. When it comes to the important things in life, it is not enough to do the right thing once or twice or even several times.

To make a relationship last, one needs to get in the habit of doing things, such as listening to one's partner, doing chores together, etc. For a great career, one must regularly network, learn new skills constantly, and so on. Similarly as discussed in the prior chapters, to have a healthy body, one needs to work out consistently and get the right nutrition.

You get the picture—habits are important.



Effective Routines

Self-Reflection

Are you a planner, or do you take things as they come?

Do you tend to wake up and go to sleep at roughly the same time every day?

Do you have a vision for your life - goals that you strive for? Or, do you see life as an adventure with unknowns around every corner?



Effective Routines

5 Steps

Check which of these things that you are doing.



Sleep Needs

Study after study has shown that skipping your daily dose of blissful sleep can severely ruin your productivity rather than increasing it.



Morning Routine

we need to ensure that our transition from asleep to awake is in alignment with our natural biological functions, especially our hormone secretion.



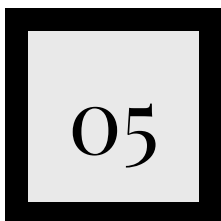
Bedtime Routine

You get the best sleep when you go to bed and gently transition into slumber, getting into the proper zone for a restful and restorative sleep.



Daily To-Do List

Lists are a great way to stay on track and ensure you are getting your important tasks done.



Long-Term Goals and Bucket List

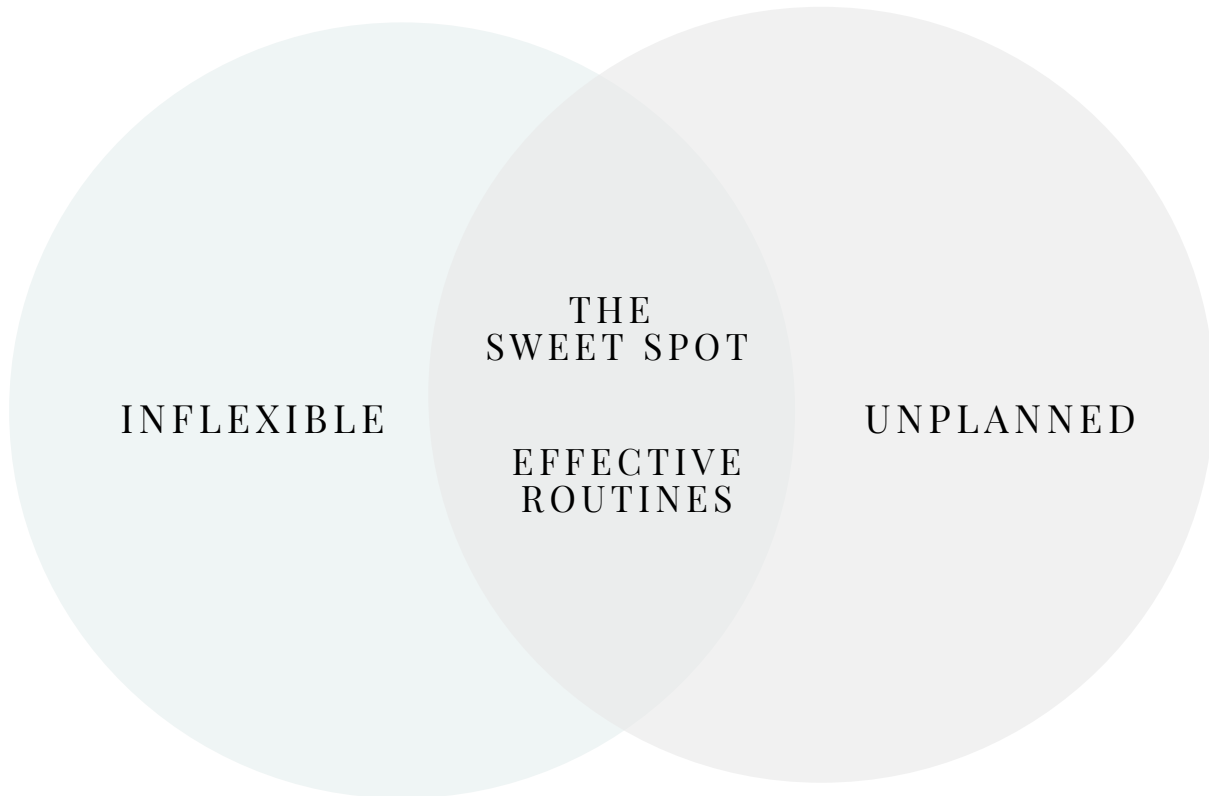
Goals give your life worth and meaning. Even when you fail to achieve a goal, you will feel satisfied knowing you gave it your best shot.



Effective Routines

Venn-Diagram

Write down synonyms for the continuum between inflexible and unplanned routines.



Finding Effective Routines

Without proper habits, you will find that the results that you want, the things that matter most to you, are elusive. Is this true for you?



Effective Routines Quadrant

Write down ways to have effective routines in different parts of your life.

At home

At work

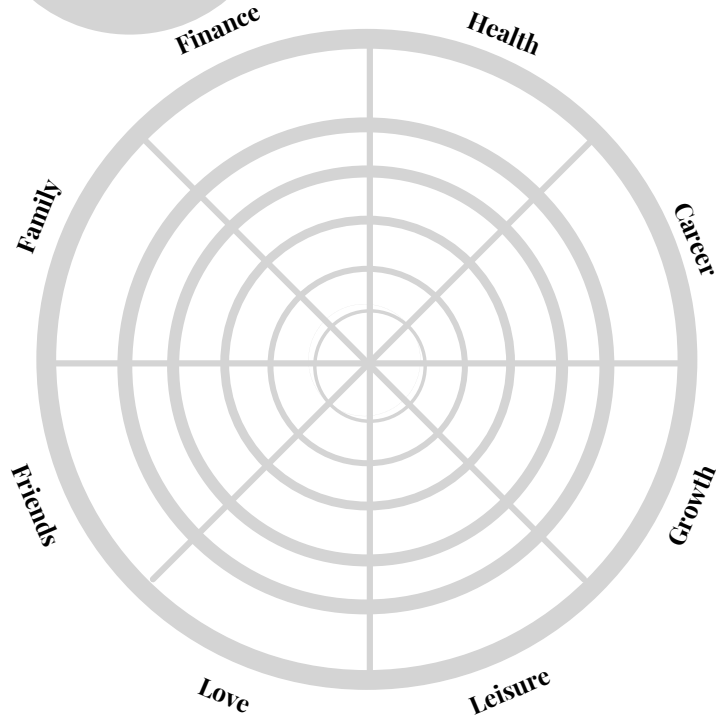
With your health

With your personal life



Effective Routines

Wheel of Life



First, shade in how effective your routines are in these different areas of your life. Start at the center. With 1 being ineffective, and 6 being effective.

Next in the boxes below, write down what is going well or what could be going better.

Finance	Health	Career	Growth
Leisure	Love	Friends	Family



Effective Routines

Journaling Exercise

Think about your effective routines overall. What is going well? Where are you finding your successes? What could be going better?

Good relationships, a healthy body, and a fulfilling career are all things that arise from having the right habits. 57



#8



CHAPTER 8 MENTAL AND SPIRITUAL HEALTH

Your brain, like every other organ in the body, is doing exactly what it has evolved to do—keep you alive.

Remember that you are not your brain. Rather you are just riding a meat suit with an organic intelligence that helps you compute your way through the material world.



Mental and Spiritual Health Steps to Take

1

Take control of your brain and mind.

2

Change your mindset.

3

Be present.

4

Get into a meditative mental state - meditation, prayer, yoga.

5

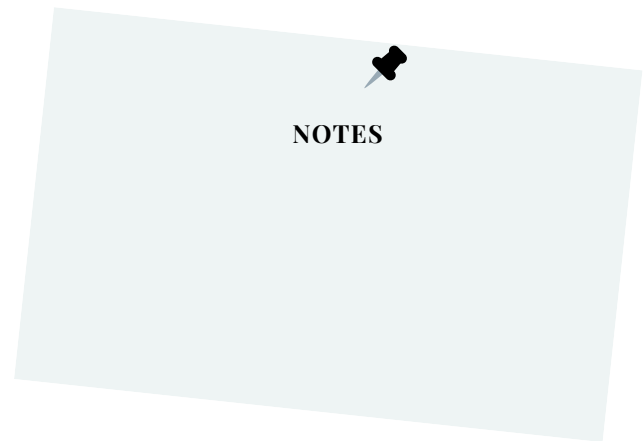
Journal.

6

Make a vision board.

7

Understand your moods.





Mental and Spiritual Health Checklist

Check which of these things you do right now.

Keep a journal.

Meditate.

Practice yoga.

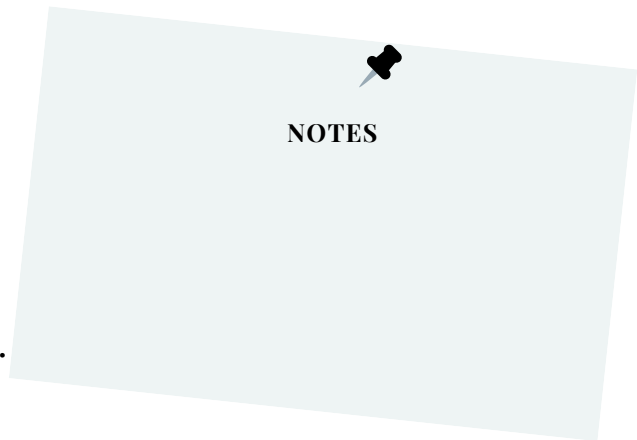
Make vision boards.

Pray.

Do self-reflections.

Take personality insight quizzes.

Ask others for feedback.

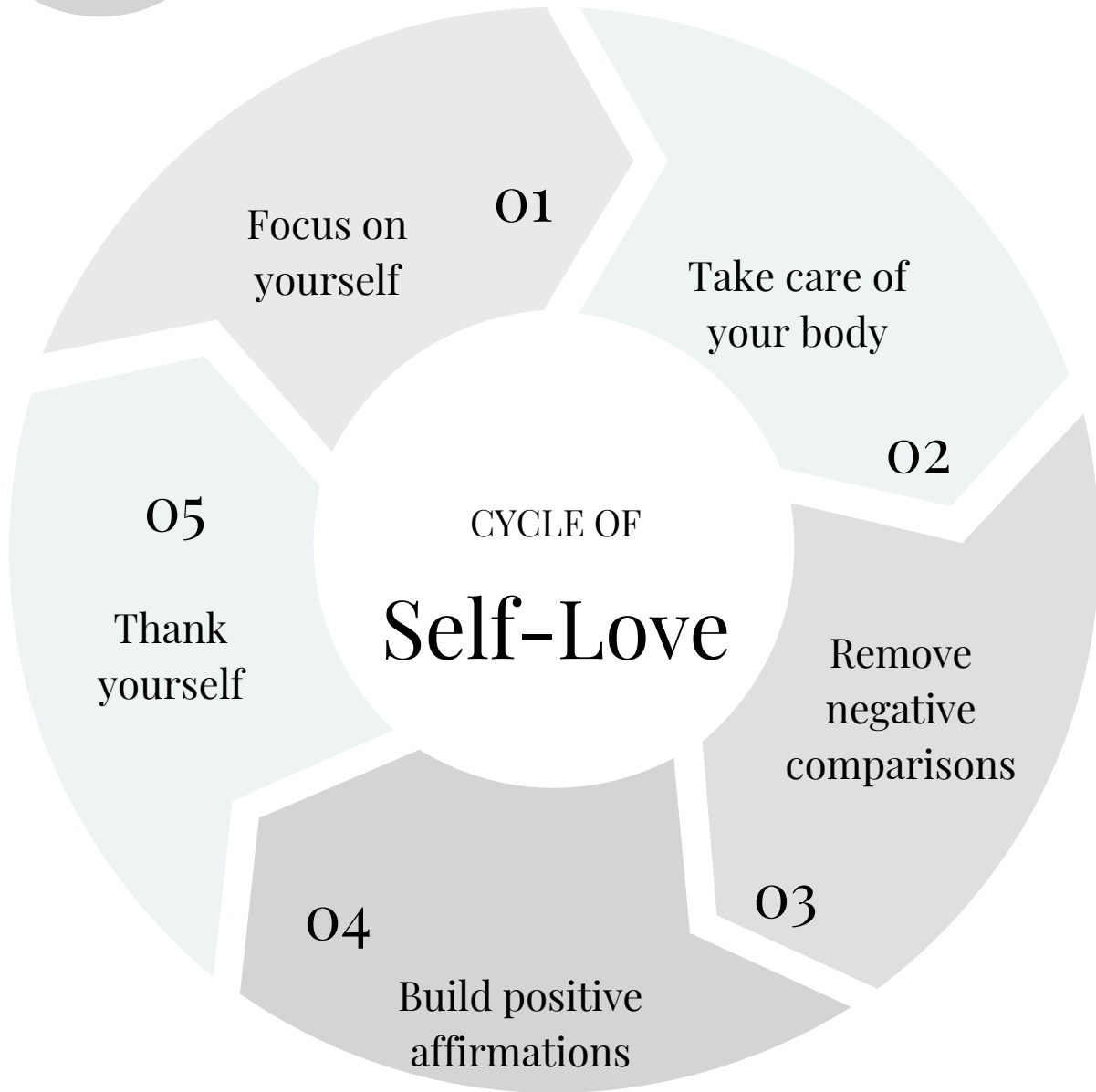




Mental and Spiritual Health

Self-Love

Use the Cycle of Self-Love this week to support your growth.



How did it go?



Mental and Spiritual Health

5 Elements of Self-awareness



Circle the things in each category that you do regularly.

Self-Concept

- Perceive yourself positively.
- Expect great things from yourself.
- Believe in your ability to accomplish something.
- Take on challenges.
- Achieve goals you've set for yourself.
- Live positively.

Thoughts

- Be aware of your emotions.
- Say positive things about yourself.
- Talk to yourself with encouraging words.
- Approach stressful situations with positivity.
- Practice mindfulness.

Feelings

- Feel positive about yourself overall.
- Reject negative feelings when others talk about you.
- Find the good in difficult situations.
- Have fond memories.

Body

- Be aware of your physical response to stress.
- Calm yourself with deep breaths.
- Be aware of your facial expressions.
- Stay calm in stressful situations.
- Speak in a calm, steady voice.
- Be aware of your heart rate.

Emotions

- Increase your emotional intelligence.
- Recognize when you need to take a break.
- Ask for space when you need it.
- Regulate your emotions with mindfulness.
- Have a happy demeanor overall.
- Have strong communication skills.

NOTES



Mental and Spiritual Health

Q & A

Q1: What is your overall perception of yourself?

Q2: What are your abilities?

Q3: What do you do when you are struggling with negative thoughts?

Q4: What do you say to yourself when you run into a difficult situation?

Q5: What physical reaction does your body have to a negative person?

Q6: How do you handle knee-jerk reactions?

Q7: How would you describe your overall personal relationships?

Q8: What do you do to move past anxiety?



#9



Chapter 9 Family, Relationships and Work

People who are close to you will have a different effect on your actions, goals, and life outcomes than the people in your outer circles. You need to be extremely selective about who you let into your inner circles and be quick to cast out those that do not deserve to be in them until they fall out of all the circles and eventually out of your life entirely.



Family, Relationships and Work Worksheet

Write down some reflections on each of these.

Partners



Dependents



Colleagues





Family, Relationships and Work Positives & Negatives

Circle which qualities describe your relationships overall.

positive



- Positive Communication
- Strong boundaries
- Trust and Honesty
- Equality
- Supportive

negative

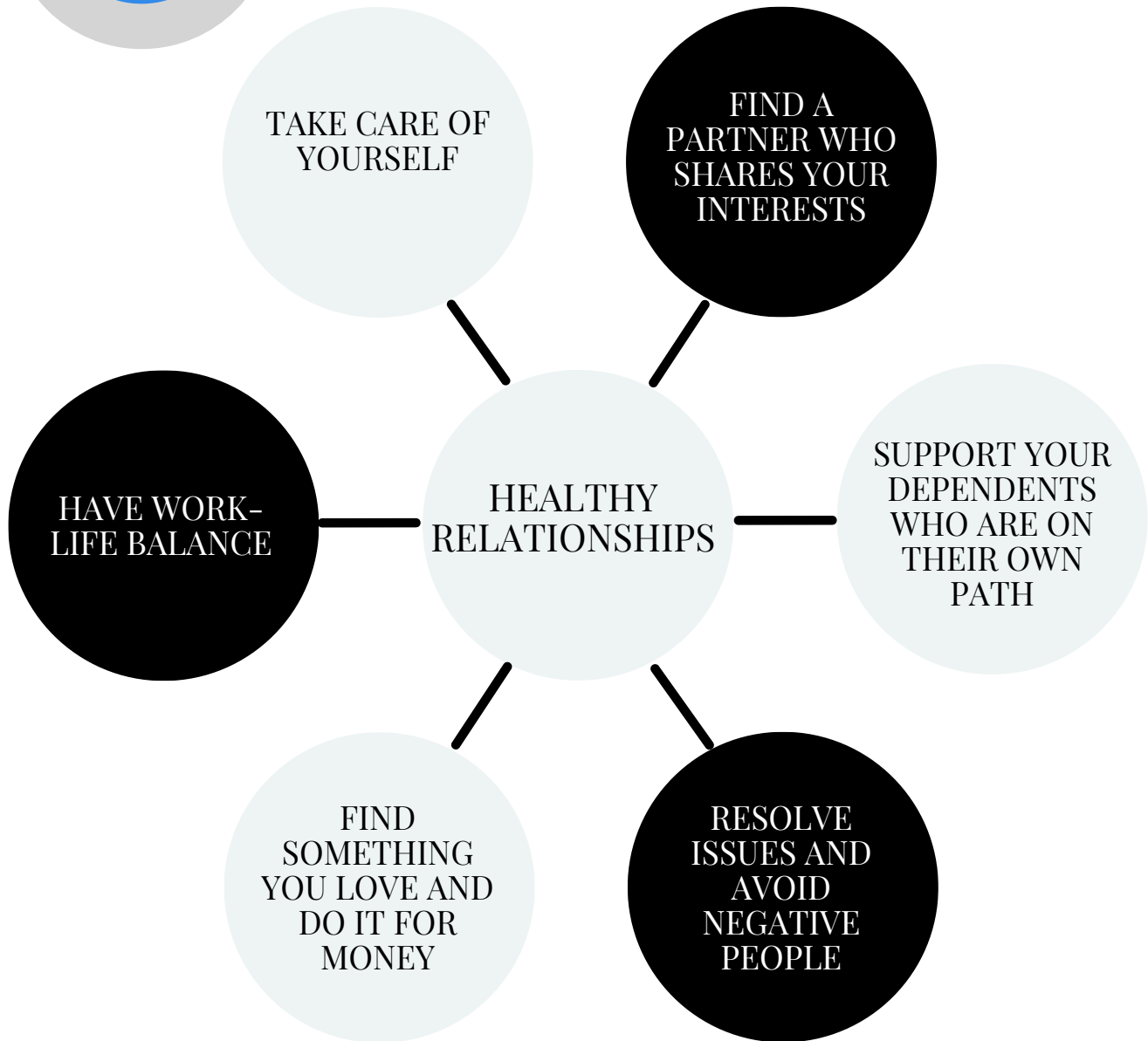


- Negative Communication
- Weak boundaries
- Lacking trust or dishonest
- Inequality
- Discouraging



Family, Relationships and Work

6 Steps

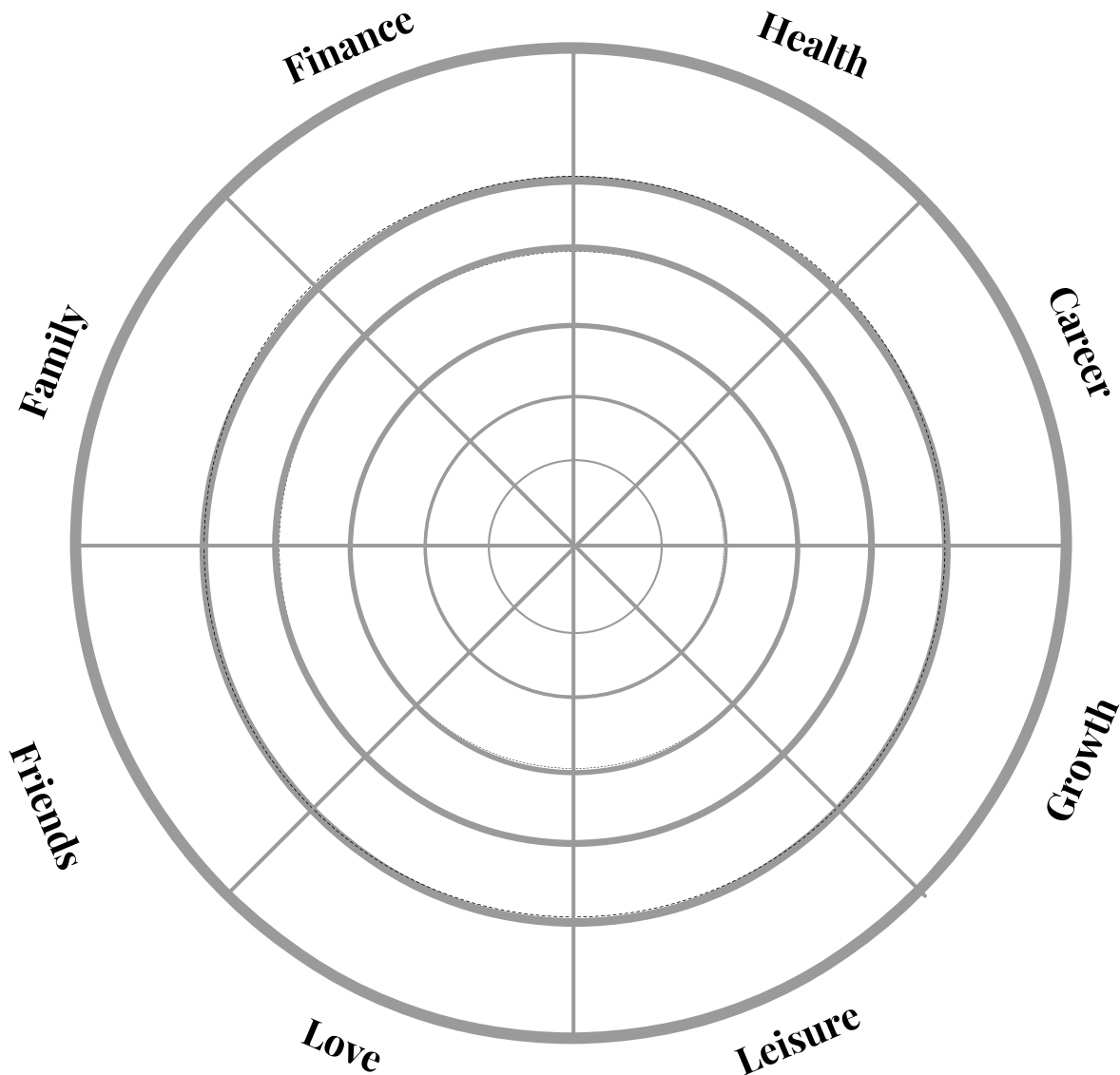


How will you apply these principles for healthy relationships?



Family, Relationships and Work Wheel of Life

On a scale from 1-6 (with 6 being the ideal), how satisfied am I with this area of my life? Shade in the wheel of life for each area of your life starting in the center.



NOTES



#10

CHAPTER 10

Continuous Learning



In this great world we are currently living in, all you need is the will to learn because there are countless avenues for expanding your horizons. The list of free resources includes podcasts, blogs, social media posts, e-books, audiobooks, and videos on the internet. With minimal effort, you can find free learning material for pretty much anything, and you can take in the information conveniently in a range of forms, from in-depth content to seconds-long explainer videos or infographics.



Continuous Learning

7 Ways to Keep Learning

Check which ones you are currently doing.

01

Read a book.

02

Listen to a podcast.

03

Take a course.

04

Find a new hobby.

05

Attend a workshop.

06

Travel.

07

Watch a documentary.



Continuous Learning

Make a List

MY INTERESTS	THINGS I WANT TO LEARN



Continuous Learning Self-Reflection

What gets in your way of continuous learning?

What time of the day could you spend some time learning?

What could you do during your commute to add in continuous learning?

What is your learning style?

How Do I Start?

Roadmap of Success

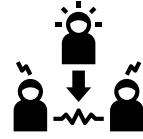
Write down in idea for each category.



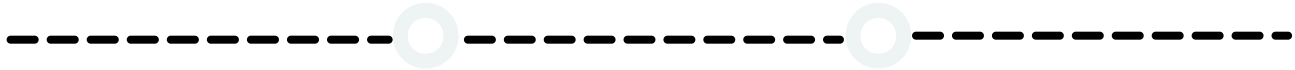
Learn from an expert



Develop your E.Q.



Listen to Ted Talks



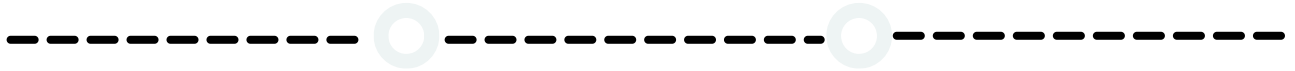
Get a mentor



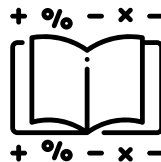
Take a course



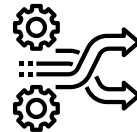
Go to a lecture



Visit a museum



Read a book



Learn a new skill



#11

Chapter 11 How Do I Start?

- Starting something is always a challenge even when it is an enjoyable activity. Your mind and body often put up resistance, especially when the new activity takes up considerable portions of your time.
- What I have learned so far is that there is only one way to overcome the resistance; we need to take small, consistent, and constructive steps towards a clearly defined goal if we are to ever achieve it.
- Taking smaller strides towards your goals can be quite useful, given that it provides you with the confidence and energy needed to keep going.

How Do I Start?

3 Steps



START NOW

It takes time and effort to master a skill. You can't expect to go from beginner to master in one sitting. Your mind and body need to adjust to and absorb the new lessons.



ENJOY THE PROCESS

The journey towards living up to your true potential is one that you will have to take for the rest of your life. You have a long road ahead, so don't be in a rush. You must take your time and enjoy the journey.



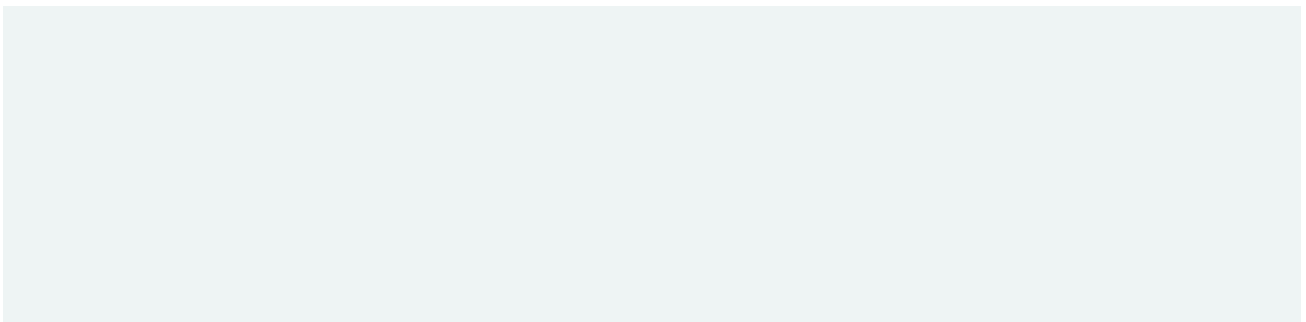
MAKE TIME

When we analyze our lives, more often than not, we'll find that it is filled with a LOT of unproductive and mind-numbing activities that have made their way into our schedule.

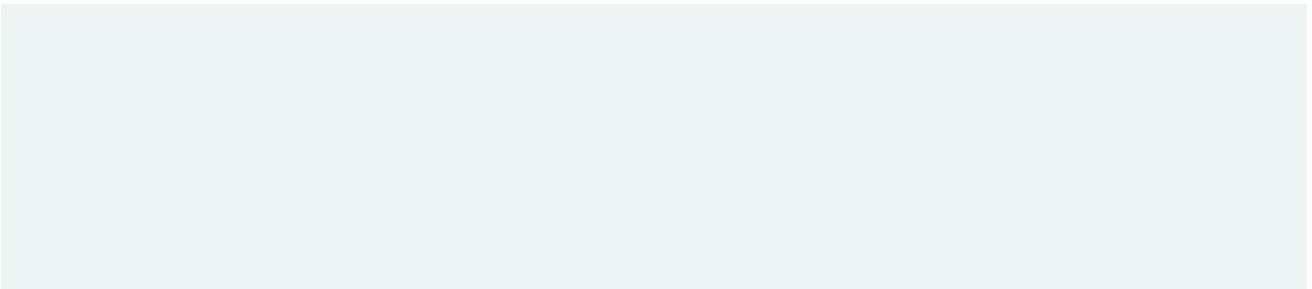
How Do I Start?

Question Worksheet

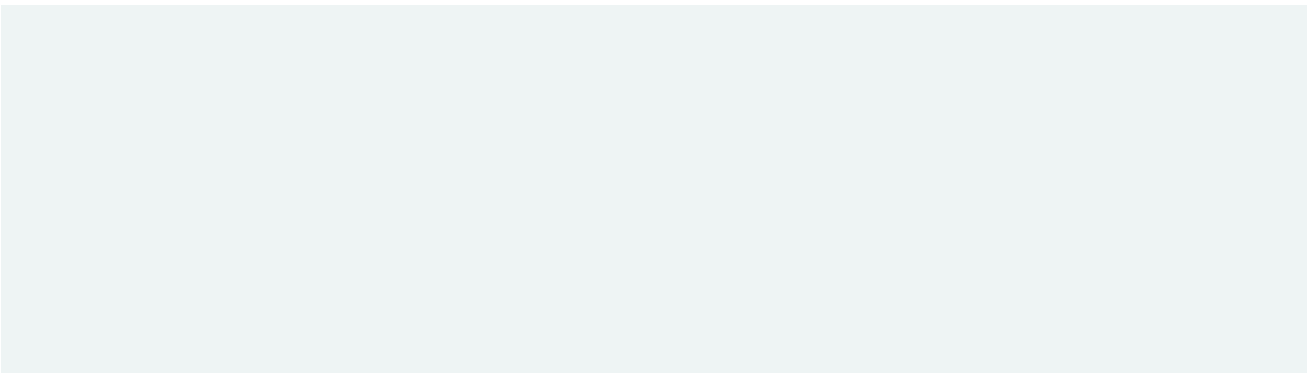
What can you eliminate from your schedule to make more time to access your true potential?



What will help you stick to the plan?



How have you overcome obstacles in the past?



Brainstorm a list of things you would like to do to access your true potential. List as many as you can.

Insert Your Goals

#12



CHAPTER 12

Start Slow and Be Steady

Changing your mindset is the first and biggest challenge in your quest to achieve your true potential.

Everything in this world is a manifestation of energy, and you are in total control over your reality. As hard as it may be to believe, you have attracted everything you have in your life.

Start Slow and Be Steady

Roadmap of Success

01



02



04

03

Start Slow and Be Steady

Self-Reflection

What is the biggest insight you gained about yourself?

What fact really stood out to you?

What is the biggest change you are going to make?

How did this book change your life?

Start Slow and Be Steady

My Plan

Fitness

I want to...

Nutrition

I want to...

Effective Routines

I want to...

Family & Relationships

I want to...

Spiritual & Mental Health

I want to...

Continuous Learning

I want to...

Start Slow and Be Steady

Six Steps





MEET THE AUTHOR

Vittorio Calabrese

Vittorio was born in 1976 in Italy and migrated to this country as a young 6 year old with his mother and two younger siblings. Vittorio went from a life of luxury in Italy to a life of struggle and turmoil here in the US. These early years shaped him in ways he would only appreciate later on in life. Vittorio grew up in the NY/NJ tri state area eventually making his way to Florida and finally finding his home in Texas. His journey was full of various experiences that shaped him, always feeding his curiosity as to why things are the way they are. After graduating from college with a chemistry degree he went on to teach physics and chemistry in a catholic high school in Staten Island, NY. That position, like many that followed, was short lived. He taught for only a year and then went on to go work with his father in the construction world. As a young field engineer Vittorio was lost since his education had nothing to do with construction. He searched for ways to be useful and found his calling when confronted with the frustrations people had with the new technologies. He always liked tech and fell in love with computers. This was when he decided that he was going to make a career in technology. Vittorio went on to become an IT manager, CIO, COO and now owns his own technology company (deskside).

His professional journey was full of ups and downs just like his personal journey. Vittorio was married at the young age of 26, had three wonderful children and divorced at 36. The divorce devastated him, bringing him to his lowest point in life until he met the love of his life Luciana. She helped him overcome his depression and they eventually married. They now have two wonderful children together and Vittorio has 5 children in all. One of the biggest struggles Vittorio faced in life was with his weight and eventually his health. He was always a chubby kid but became obese by the time he was 22 years old. Over time and with lots of trial and error he learned the things he needed to be able to overcome his weight issues. All these struggles were an ever increasing contrast that life provided to Vittorio which he fought with curiosity. This curiosity drove him to learning. He would devour books on any subject that he needed to learn about. As life went on he accumulated hundreds of books until one day he realized how much work went into accumulating this knowledge.

Being a father he realized that his children too would benefit from this knowledge but struggled with the idea that it would take them 40 years just like it took him. He started to ponder the design of the books he read and came to a conclusion that many books have a very focused subject they are addressing. What if Vittorio wrote a book that summarized the important points he had come to learn from all of them in an effort to give his children a fast track to the knowledge he had taken 40 years to accumulate? Vittorio used knowledge and specifically his ability to learn as a way to answer life's questions. Whatever peaked his curiosity resulted in him reading something about the subject in an effort to understand. There was always one question that really perplexed Vittorio; Why do some live life with ease while others struggle?

One day he sat at his home office desk and drew out the four wheels and six pillars. To this day he has no idea where this inspiration came from but the drawing flowed as if he had thought it through for years. When he was done with the drawing he saw a new purpose. He was going to write a book with the single goal of helping as many people as he could and specifically his children. After years and with much help from others, *Accessing Your True Potential* came to be.