



## POTENTIAL - YOUR HIDDEN SUPERPOWERS

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We sometimes dismiss the idea that we have all the power to do things at our best or even far beyond that we can ever imagine and these can be referred to as potentials, our hidden superpowers. The word itself comes from the root words,... “potency” or “potent”, meaning powerful or mighty. These potentials are usually locked up in our minds and we also find ourselves trapped with it. Why is it so? It is all because we have dreams that are unrealized and worst that can happen is that we have ambitions that have never been met.

All of us have the potential, that hidden superpowers in us, that needs to be discovered. We were all born with natural abilities. There are some who are very good in dancing, singing, acting, writing and many more that we can think of and imagine. These passion and desire in our hearts are our greatness; our abilities which when used will contribute and make the world a better place to live in. We only have to use that greater power of our imagination, which are actually limitless when it comes to the desires of our heart.

I firmly believe that what we are dreaming since childhood and this still linger in our minds and in our hearts even up to now. In order for us to unleash these superpowers in our mind, we should eradicate all doubts that cloud our minds. Meaning, we have to actually believe without doubt in the deepest recesses of our heart and mind that we can and be able to fulfill our desires. Believing deeply inside will create that level of intensity in your thinking that your desire will then become a burning obsession. When it consumes you and you reach that level of believing that you can overcome all the obstacles and adversities that life may bring, you will do anything to reach your goal. Apparently, you invoke the superpowers of your mind and you will alter reality.

Not everybody can see their potential but if they do, it can not only change their life but also their world too. If you really know and find out what your potentials are, it will change your fate, redefine your destiny and it will change your life in the process of developing your potential. Yes, knowing your potential will impeccably change your life for it will make you understand what you can excel at and who you can become. Subsequently, it will allow you to make your dreams come true. Break through that wall of defiance, getting out of your comfort zone, break out of all these fears that hamper your growth.

Let not your potentials lie dormant, inhibiting you from that opportunity to grow. Breaking through your comfort zone, requires support and encouragement and therefore we need to heal our state of mind, reconnect with our inner guidance and take responsibility for our life. Thus, empowering ourselves to make changes for the betterment of ourselves, for the best that is yet to come. Develop and use your gifts, your talents and your natural abilities. More importantly, don't waste time; instead embrace your inner potential, your hidden superpowers that lie within you.

Questions for discussion:

1. Have you known your inner potential? How?
2. Do you believe that you have all the potentials to have a changed life for the better? Why or why not?
3. Did you find out whatever potentials that you have as of now? Describe them.
4. Do you feel intimidated by other people's abilities that it hampers you to discover your potentials? Why or why not?
5. Do you agree that your potential is that hidden superpower that lies within you? Explain your answer.