

Friends, I have a confession to make. At times I am inhibited to act on the dreams and visions that I have for a greater future.

Inhibition is a dangerous concept. To be inhibited is to be limited and limited is never a way to live or lead.

Inhibition is different than prohibition. Being prohibited is to not be allowed to do something. Inhibition is to not allow yourself to do something. Prohibition is from an outside force. Inhibition is limitation from the inside.

That is my confession. I have limited myself and my thinking at times over the past few years. A recession could be viewed as a prohibition, if I was desperate to act like a victim, but I am not. I would make the case that most people act like they have been prohibited from doing things and, thus, tend to blame others for not doing what is before them. The victim mentality is a slippery slope.

I am admitting that I have limited myself through my own inhibitions. Have you ever been at the top of a black diamond on a ski slope and told yourself that you can't do it. Instead you slide over to the blue slopes for a normal experience?

I have told myself that I can't do certain things because of what a certain few people might think. That is ludicrous. The mission and message inside me is much bigger than the impression of a few people. Furthermore, I am gaining confidence in who I am and what I am best at so I shouldn't limit myself because of what I know I am not good at.

Ok, I feel better. I just confessed limitations. Your turn. Are you inhibited? Are you limiting yourself today?

I will assume the answer is yes so let's move on to the next exercise.

What are your current limitations? (Money, opportunity, skills, etc.)

- 1.
- 2.
- 3.
- 4.
- 5.

Ask yourself which of these are inhibitions or prohibitions. Then ask yourself what the cost is for allowing these inhibitions to be in your life. Usually, it is in opportunity cost, meaning that because you are self-limiting you are costing yourself time, freedom or money.

I recently talked to a man who desperately wanted to start his own business, but he was afraid of losing the benefits his current company offered. That is an inhibition, not a prohibition. He was self-limiting because of \$1000 per month.

What is your plan to unshackle yourself from your own limits? Are you inhibiting yourself from your desired goals? If you are, then you are a victim to yourself. The fear in you is keeping you from the best in you.

Don't opt out to your own fears. Confess them and move on. I just did.

Posted on September 08, 2010 in [Personal Growth](http://www.giantperspectives.com/read/how_to_overcome_inhibition/)
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Want To Be a Success? Celebrate Failure John C Maxwell

"Failure is not an option." Gene Kranz, Apollo 13

Unless you're skydiving, tightrope walking, or trying to land a space shuttle, failure IS an option. In fact, the most successful people usually are the ones who have failed the most. Unafraid to take risks, they stumble frequently, but in doing so they learn valuable lessons and improve themselves.

Consider Google. The California-based firm revolutionized Internet search technology and Internet advertising, and it has created a host of innovative tools such as its mapping service (Google Maps), email platform (Gmail), web browser (Google Chrome), and mobile phone operating system (Android).

But spectacular successes rarely come without spectacular failures. The company massively misfired with Google Wave, a web application designed to integrate email, social networking, and instant messaging. On August 4th, Google announced its decision to shut down the high-profile project, not even a year after its launch. In explaining the decision, Google CEO Eric Schmidt asserted the company's attitude toward the situation: "We celebrate our failures. This is a company where it's absolutely okay to try something that's very hard, have it not be successful, and take the learning from that."

Celebrating Failure

Leaders set the tone for how their people view failure. In particular the stance leaders take toward failure affects an organization's tolerance for risk, openness, creativity, and teamwork. With so much at stake, how can leaders create a culture in which failure is celebrated rather than feared?

1) Encourage Risk-Taking

Leaders invite their people to take risks when they entrust them with the authority to make decisions and the responsibility to exercise their own judgments. People who are empowered to act without having to seek the approval of higher-ups may misstep occasionally. Yet, in the long run they'll learn invaluable lessons and gain confidence in their own abilities.

2) Set Expectations

Leaders de-stigmatize failure by setting the expectations that, from time to time, people will mess up. Instead of insisting on perfection, seasoned leaders simply desire progress. They concern themselves with effort rather than focusing only on outcomes. To this end, they don't punish failure; they welcome it as a natural part of life and a necessary step in the process of maturing as a leader.

3) Interpret Setbacks

Some people are their own worst critics. After making a mistake, they have trouble recovering and moving on. Leaders come alongside their teammates to help them interpret failure. Instead of equating an error with disaster, leaders point to the slip-up as a portal of discovery. They frame failure as a learning opportunity and use it to instruct and guide team members.

http://www.giantimpact.com/articles/read/want_to_be_a_success_celebrate_failure/

WEB SITES

Values.Com, Foundation for a Better Life.

This website has billboards, quotes, stories, and more on different values. You may have seen their commercials on TV, they usually end with pass it on...

<http://www.values.com/>

Motivational Memo

This is a weblog (Blog), Short topical writing. Uses quotes often.

<http://www.motivationalmemo.com/>

I Live Inspired

Send inspirational text messages. Short stories, both general motivation and specific issues such as eating disorders.

<http://www.iliveinspired.com/>

Water The Bamboo Greg Bell

Full disclosure, this is one of my college classmates and a former member of the men's team at University of Oregon. He runs a leadership consulting firm and wrote the book Water the Bamboo. I use the information in the blog on this website—which ties back to the book.

<http://waterthebamboo.com/blog/>

Quote Websites

<http://www.quotegarden.com/index.html>

<http://www.thinkexist.com/>

<http://www.quotationspage.com/>

http://www.quotemountain.com/quotes/sports_quotes/motivational_sports_quotes/

Confidence Books

“When nothing seems to help
I go look at a stonecutter
Hammering away at his rock perhaps
A hundred times without as much as a crack
showing in it.
Yet at the hundred and first blow
it will split in two, and I know it
was not that blow that did it—
but all that had gone before.”
—Jacob Rits

For us
Excellence is
an aspiration
an attitude
a pursuit
a way of life.

Excellence is
all of us working together,
aspiring to the fullness
of our potential,
always in pursuit of a higher standard—
determined to do everything we do
somehow better
than it
has been done before.

Excellence is found
in the caring
in the trying
in the doing .

IT IS OUR OBJECTIVE.
WE SEEK IT WITH DEDICATION.
IT IS THE MARK OF OUR TEAM!

Championships are
Won by uncommon
People because they
Are willing to do the
Things that a common
Person won't do.
A common person
Is basically lazy.
We want to become
Uncommon people!

No one is beat 'til he quits;
No one is through 'til he stops.
No matter how hard failure hits,
No matter how often he drops,
A fellow is not down 'til he lies
in the dust and refuses to rise.

Fate can slam him and bang him around
And batter his frame 'til he's sore.
But she never can that he's downed
While he bobs up serenely for more.
A fellow's not down 'til he dies
Nor beat 'til no longer he tries.

Edward White, II

REASONS PLAYERS REACH THEIR POTENTIAL

1. High tolerance for hard work and pain.
2. High basketball IQ. Student of the game.
3. Unselfish, think team before self.
4. Intangibles in your game. Make hustle plays.
5. Good training. Habits and physical conditioning.
6. Self-confidence, that comes from repetition and knowing you deserve to win because you have worked harder than anyone.

"Good players know exactly what they can and can't do. The best players know there's not a skill that can elude them. The minute they detect a weakness in their own game, they go out there and work on it until the weakness becomes a strength. The best players also spend a lot of time worrying how they're going to make their teammates better."

--Bill Walton

All of us have at least one great voice deep inside. People are products of their environments. A lucky few are born into situations in which positive messages abound. Others grow up hearing too many messages of fear and failure, which they must block out, so the positive can be heard. But the positive and courageous voice will always emerge, somewhere, sometime, for all of us. Listen for it and your Breakthroughs will come.--Pat Riley

"What the inner voice says will not disappoint the hoping soul."--Friedrich Schiller

You Say—God Says

You say: "It's impossible." God says: "All things are possible." (Luke 18:27)

You say: "I'm too tired." God says: "I'll give you rest." (Matt. 28:30)

You say: "Nobody really loves me." God says: "I love you." (John 3:16 & 13:34)

You say: "I can't go on." God says: "My grace is sufficient for you." (2 Cor. 12:9, Psalm 91:15)

You say: "I can't figure things out." God says: "I will direct your steps (Prov. 3:5-6)

You say: "I can't do it." God says: "You can do all things (Philippians 4:13)

You say: "I'm not able." God says: "I am able." (2 Cor 9:8)

You say: "It's not worth it." God says: "It will be worth it." (Romans 8:28)

You say: "I can't forgive myself." God says: "I FORGIVE YOU." (John 1:9 & Rom. 8:1)

You say: "I can't manage." God says: "I will supply all your needs." (Philippians 4:19)

You say: "I'm afraid." God says: "I have not give you a spirit of fear." (2 Tim. 1:7)

You say: "I'm always worried and frustrated." God says: "Cast all your cares on Me (1 Peter 5:7)

You say: "I don't have enough faith." God says: "I've given everyone a measure of faith." (Rom. 12:3)

You say: "I'm not smart enough." God says: "I give you wisdom." (1 Cor 1:30)

You say: "I feel alone." God says: "I will never leave you or forsake you." (Heb 13:5)

Think Of The Possibilities By Peter G. James Sinclair

Let me write it again. Think of the [possibilities](#).

Dream of the [possibilities](#). Attempt the impossible and show the world that because you concentrated your thoughts on nothing but the [possibilities](#) you have transformed it into the possible.

It is so important to think the right thoughts. For the right thoughts will lead to a right life.

The possible thoughts that you concentrate on will be translated into a possible life.

So may I challenge you to take some time out in your busy life to think of the [possibilities](#).

Dream impossible dreams. Think improbable thoughts. Do what others say you can't do. Attempt what others say you will never do. Risk what others will never risk.

And as you observe and consider what others say is impossible – be the thinker who is thinking nothing but the [possibilities](#).
From motivational memo

DRIVE

“Hustle is a talent. Hustle is drive, commitment, persistence, fire in the belly,” said Bill Russell (NBA Hall-of-Fame player). “The guy I think of when I think of hustle is John Havlicek, who played for me in Boston. We called him ‘Mr. Perpetual Motion.’ He played sixteen seasons and never gave an ounce less than 100 percent. He was there to play basketball. Man did that guy have hustle! A Boston sportswriter once said to me, ‘Well, all John Havlicek has is hustle.’ I mean he just tossed him off like that. I was blown away. I said, ‘All he has is hustle! All he has? Listen hustle is a talent, because not everybody does it. The guy with hustle is the guy who’s left standing when it’s over.’”

Courage in sports means, in the simplest terms, giving 100 percent for your team. In basketball, if there’s a loose ball, you dive for it; forget that the floor is hardwood. If you go for a rebound and get elbowed in the face, make sure the next time you go back even harder. If you’re playing tough defense and the man you’re guarding takes you into a screen set by a burly forward, fight over the screen. If you set a screen and a big forward is about to run into you with all the force of a linebacker take the hit. It’s worth emphasizing that courage is not the same thing as fearlessness. It means accepting and then overcoming fear—fear of injury, of failing of looking bad of relinquishing excuses. —Bill Bradley

TEAMMATES

What’s the point of achieving anything in basketball if you can’t share it? That’s the beauty of having teammates. They know what it takes to get through a long season, to recover from a loss, to pull out a win when you’re hurt and tired. Their example can force you out of lethargic play. Once good players have put on their uniforms, everything else about them—race, ethnicity, personal history, off-court style—fades into the background. It’s time to play, together—What can you do for your teammates today? This week?

Somebody

RIGHT NOW:

- somebody is very proud of you.
 - somebody is thinking of you.
 - somebody is caring about you.
 - somebody wants to be with you.
 - somebody wants to be with you.
 - somebody hopes everything turns out all right.
 - somebody wants you to be happy.
 - somebody is celebrating your successes.
 - somebody thinks that you ARE a gift.
 - somebody admires your strength.
 - somebody is thinking of you and smiling
 - somebody wants to be your shoulder to cry on.
 - somebody thinks the world of you.
 - somebody wants to protect you.
 - somebody would do anything for you.
 - somebody needs your support.
 - somebody wants to laugh with you.
 - somebody treasures your spirit.
 - somebody loves you for who you are.
 - somebody loves the way you make them feel.
 - somebody wants you to know they are there for you.
 - somebody wants to get to know you better.
 - somebody has FAITH in you.
 - somebody needs you to have faith in them
 - somebody trusts you.
 - somebody is praising God for you.
- that someone is me!!!**