

People Who Limit Your Potential

Thinking of higher goals, planning for them and hardworking has taken many people to the highest of their potential and they became the benchmark of success and inspiration for others. But there were many hurdles in their way and people who can't reach there are the ones who succumb to these difficulties and gave up. One of these barriers is obviously the people, the toxic people who always have negative thinking and always demoralize you when you share your goals with them. In fact, we are often surrounded by these people who contaminate our visions, our success. This asks the question of what should be done with these people. So here are some tips that can help you.



1. Identification

We are gifted with a very special thing, our feelings. Feelings are like the virtual sense of our body. We are automatically drawn towards the things that make us feel good and get away from the things that make us feel bad. Unfortunately, in our personal relations, we ignore our feelings. There are many people around us who are the continuous source of demotivation, may be, not in direct words but whenever they talk about our ambitions, we feel uncomfortable. Use your inner sense to identify these people who had rejected their own potential.



2. Talk with Them

Coach them up. Sometimes in spite of their best efforts, they unconsciously put a negative influence over you. So, it is necessary that you explain to them what kind of relationship you want to have with them and what should be the limits in your relationships. This can be done with love and empathy and is better than taking forward an uncomfortable relationship.

3. Have Realistic Expectations

It takes time for a person to change. You should have real expectation from the person you are asking to change. You have to be patient with them. If they are trying to change themselves and improve relationship then you should give them a chance.

4. If you have to, Cut Them Out

If they are not willing to change themselves then it is better for you to cut your relationship with them. Approach them with love and understanding and tell them that you have tried your best to improve your relationship but it can't be done.

Don't let
negative & toxic people
rent space in your head.
**Raise the rent &
kick them out.**

If you can't cut them out, then try to ignore their talk. Avoid frequent interactions with them. It is important because has much more importance than a relationship which is a constant source of pulling you down.

Habits That Mentally Strong People Adopt.

Life is not a bed of roses. There are many ups and downs in everyone's life and there is hardly any person in this world who didn't face harsh time in his life. We hear many success stories of successful people in our daily routine. All of them are different from each other, each having a new lesson but all of them have one thing in common. That the actor of the story faced some hard phase in his life and he stood strong while facing all the difficulties of life. He remained calm, learned from failures, took wise decision and at last after the hard part was over; he emerged as a hero and became source of inspiration for others. But this is easier said than done. Staying strong needs some guts, it needs struggle, hard work and above all of them, hope and believe. Hope that things will get better and believe that you can do things better. But,

these people were among us yesterday and we can be at the same stage at which they are today. There are certain things about these people that must be learn and habits that should be adopted to be successful in life.



Hope

Hope is the driving force in anyone's life. It provides motivation when fear of failure is about sink the boat of life in ocean of failures. Not everyone is born with a golden spoon in his mouth. Everyone has to struggle to succeed.



But what is that thing that compels you to keep going despite all difficulties, that shows you a better future. That is

hope, hope of achieving your goal, hope of having a better tomorrow.

The most important thing that you want to do to remain mentally strong is to remain hopeful. Never lose hope because it installs fear in you, fear of losing and that is when you become a victim of regret and can't compel your mind to work for your aim.

Never look backwards

Always look forward. Aim for better goals that you want to achieve and set a road-map of how you can achieve it according to your strengths and weaknesses. What is in the past can't be changed but what will come tomorrow depends on you. If you look in the past and regret about your failures and starting asking questions like what if I have done that or what if I didn't do it is only going to cost you your time. You will never be motivated to achieve something.

*"Never look
backwards or you'll
fall down the stairs."
—Rudyard Kipling*

Adapt to change

Change is what will always happen. This fact can never be changed. Mentally strong people are aware of that and the remain flexible and keep changing as they know that being constant will lead them to failure and is a major threat to their happiness. People will come and go, new opportunities will be provided, new events will occur and we have to face a different day every day. Successful people are those who learn to change with the change. They don't complain, they don't panic rather enjoy the new things in life. You have to be ready and prepare yourself of what will occur as your

hindsight guides you. If you remain constant and do the same thing every day you are bound to fail.

Focus on your Aim



An aimless life is like a body without soul. You need to set a goal that you want to achieve and focus on that. Focus on how to achieve it and avoid the barriers and distractions that distract you from

doing your thing. Avoid the people who dishearten you, don't listen to warnings of the failures because that will disturb your mind and you will not be able to work with your head and heart. Your goal should only be the driving force. You should make up your mind that no matter what happens I am going to get it and I will get it.

Follow your heart

Always do the things that you want to. In which you have interest. Only then you can focus on your work. If you are forcing yourself to do a certain thing, a job that you hate and from which you want to escape will not help you to succeed because a certain jolt or a slight downfall will demotivate you and you will not be able to rise again. But, on the contrary if you have interest in what you are doing, the failures will not harm rather you will learn new things from this experience and it may show you a new direction and will motivate you to keep your head high.