



# LIVE GUILT FREE

BY BOUNDLESS LIMITS

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## POWER PERCEIVED IS POWER ACHIEVED THE VALUE OF YOUR SELF-PERCEPTION

By Richard Curren

The Elephant is one of the most powerful beasts known to exist. Often, these animals weigh into the several ton range and could easily tear a man to pieces with their massive trunk. Yet this creature, as powerful as it may be, most often is controlled by placing a small stake into the ground, tying one end of a rope to the stake, and the other to the hind leg of the elephant. Once staked, that elephant will not even try to reach beyond the limits of that rope. That's because when the elephant was very young and much smaller, it was staked in a similar fashion. Struggle as it may, the baby elephant was simply too small and weak to uproot the stake and gain it's freedom. Over time gave up its efforts and resolves itself to the captivity of its bondage. Once his will to escape is broken, the elephant will never again try to escape the bonds of that stake, even though it could pull the stake from the ground the slightest effort. It is, in essence, a captive of it's own broken spirit.

Human beings are very different from the elephant, however, many of us share a great deal with that poor dumb animal. We are held back more by the perceptions we have than the reality of the strengths we possess within us. Where the elephant is trained to believe it is powerless soon after birth by being tied to a stake, we are trained to limit ourselves by the words and actions of those around us, as well as the ones we replay to ourselves everyday in our own minds.

It is estimated that the average child will hear the word "no" or "you can't do that" over 100 thousand times before reaching the age of 18. This is tragic as it will slowly ebb away at the self-esteem and natural drive for success that we are all blessed with at birth. We were all born to win. This is proven in the survival of our species. For mankind to exist, even thrive, we must be winners, achievers, and fighters.

### **WE CAN FIGHT OFF THE DESTRUCTION OF OUR DRIVE FOR SUCCESS WITH THREE SIMPLE, YET HIGHLY EFFECTIVE STEPS:**

#### **HAVE A VISION**

First, we must have a vision for our lives. Like a ship at sea, our lives need a charted course if we are to reach our destination successfully. A compass is necessary to keep the ship from drifting off course. Without the compass, the chart is useless and the ship is merely drifting. If our vision is our chart, then goal setting must be our compass, always pointing the way. Our compass is a set of clearly defined objectives we set in order to reach the vision we have set for our lives. When we depart from these set goals, we are drifting off course. I encourage you to sit down with a sheet of paper today and set some goal that will help you to achieve the vision you have for your life.

## **KNOW YOUR INFLUENCES**

Second, we must be aware of the influence of others in our lives. Negativism is contagious and fatal. Fatal to our hope and dreams. I urge you to go to great effort to avoid those who only ever have a word of discouragement to offer. Unfortunately, they are everywhere; schools, churches, work, even at home! Often, these “Dream Killers” are people with regret for having never pursued their hearts desires. They find solace in the failure of others. Nothing is more painful to them than seeing another rise to greater heights. Their bad attitude and pessimistic outlook will only serve to cause you to doubt your goals and abilities.

## **BE AN ENCOURAGER**

Finally, to be of ultimate success, we must learn to encourage others. It is true that we can get more of the things we want out of life if we are willing to help others get the things they want. By encouraging others we reaffirm to ourselves the value of human achievement. Our affirmations serve to lift us by focusing our attentions not on the impossible, but the obtainable. Encouraging others sews seed into our life in that we soon find ourselves surrounded by successful, goal-oriented people who will encourage us. Remember that the company we keep speaks volumes about the values we possess!

Remember this month as you grow and develop your walk with the Lord that He has no favorites. We are all equal in His sight. We gain His blessings and His favor through out time with Him and our dedication to His will and ways. Each day we should pause and ask ourselves where we are in our walk and how we are assured of growing with each day. Ultimately, your spiritual health, much like your physical health, lies within your hands. The choice is yours.



Richard Curren is the co-founder and President of Boundless Limits International and Live Guilt Free. Rick’s passion is to speak and motivate others to live to their maximum potential physically, mentally, and spiritually. Through their events and publications, Rick and his wife Tanya are able to inspire others and show that each one has boundless potential to change our world. He is a former United States Army Officer. Rick serves on the Board of Directors for the So Help Me God Project as an Advisor and is a founding Board Member. With a passion for health and fitness, he is a Black Belt in Korean Olympic Tae Kwon Do, and serves as an Associate Instructor for Palmetto Martial Arts School.