

Your Enemies of Potential



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What are the Enemies of Your Success?

Discover what's holding you back...and what to do about it.

You are smart, creative, and ready to do something meaningful in the world. You've experienced some small success but always been on the brink of bigger success. The kind of success you know you are capable of. Yet you know in your heart you're falling short. Coming close, but never quite achieving your goals. Never fully achieving your dreams.

It's as if some unseen force is holding you back.

The more creative, educated, inspired, service-oriented, or naturally talented you are...the more likely you are to be a perfect magnet for the Enemies of Potential. Brightness and drive attracts the Enemies who are at war with your highest possibility.

Discover and do battle with the Enemies that are holding your potential hostage. Your Enemies of Potential. You've already learned which Enemy is likely your dominant obstacle. Find it's description in the following pages.



Be reminded of your dominant Enemy and how to work to conquer it.

Explore the other common Enemies you may encounter. Learn what else may be holding you back from achieving the success you know you're capable of.

Meet Stephanie Shipper

Stephanie Shipper is an Enemies of Potential Coach with 33 years experience. She supports bright, creative/talented, & often driven spiritually-minded professionals who know that their life has a Greater destiny & potential (beyond just a paycheck!) She specializes in strategizing and finding breakthroughs with the Enemies who commonly assault those who have something special to bring the world.

She is also a dedicated distance bicycler who loves to ride with the wind in her hair, a kayaker, and a former New Orleans chef.

Our work together is all about overcoming your Enemies of Potential. Helping you to get unstuck and release the fears/phobias, limiting beliefs, and chronic frustrations/ traumas that prevent your fullest potential.

At its core, our work together is about facilitating balance in the body, mind and spirit.

Balancing the Body

Just as a power surge from a storm shuts down an electrical fuse box, so traumas shut down the vital currents that allow you to operate with a full 'power supply.' When you are not operating with a full power supply, you can feel exhausted no matter how much sleep you get, have a hard time making self care a priority, or just feel like you've lost energy/direction you once had. This power supply is what makes it possible for your body to heal itself.

Traumas, fears or accidents create physiological responses. These physiological responses produce reactions such as shortness of breath, flushing and difficulty swallowing, when you are triggered by something or someone in your environment reminding you, even subconsciously, of the original trauma/fear.

Kinesiology can help to restore your body's power supply to its optimal state. It employs muscle testing as a neuro-feedback system to identify the wiring or Neural pathways of the response whether it be a chronic physical symptom, emotional pain, or anxiety responses. Through a series of brain-based processes, Kinesiology often successfully removes the 'charge' and relaxes patterns of reaction.

Balancing the Mind and the Brain

Along with the physical reaction to the original incident, there are a series of mental and neurological responses as well. These mental responses frequently have pictures, emotions, smells and tastes and a set of internal beliefs, thoughts and decisions made to protect you in the incident.

Understanding what you do want positively is essential in recovery. What do I want positively instead of what am I running from, feeling and/or experiencing.

Full recovery depends on recognizing the beliefs, thoughts and decisions made during the trauma, then carefully evaluating and making a new set of spiritually healthier, present time, future-based decisions. Patterns of genius therapists (Neuro-linguistic Programming, NLP and Integral Eye Movement Therapy, IEMT) are used to identify and balance negative beliefs and mental reactions.

Balancing Spiritually – Through Destiny and Prayer

Recognizing that you are a spiritual being living in a human body...full and total recovery (rather than a band aid for your hurts) involves owning the Divine intention for your life – or greater purpose.

Your ‘heart wounds,’ and what you came to understand as a result, are often the stories that clarify your destiny.

Often your truest destiny utilizes the important learnings from your recovery to make a significant difference in some way.

Owning and integrating to the Divine’s larger destiny (for your life) and how you are seen by a Loving Divine are often paramount to full recovery. Through understanding how your difficulties form a wisdom path to your destiny there is often a freedom from wounding and resentment...the trauma resolves and becomes your story of deeper purpose.

Learning to pray in a way that fosters your Source connection allows you to live fully in your Destiny and face the inevitable Enemies to your Destiny. Together we will learn to pray effectively through acting cooperatively...providing the sense of Divine interdependence necessary to empower your destiny.

How We Work Together

Bringing together the balance of body, mind and spirit is the core work of overcoming your Enemies of Potential. Through this work, we:

- Resolve Fears and phobias so you can regain balance in your home and work life
- Identify your Enemies of Potential so you can make progress toward your dreams and goals
- Manage conflict effectively so you can reduce your stress and frustration
- Understand your core values so you can regain your passion and purpose and make value-based decisions easily and effectively.

We do this work together through 5 simple steps:

- Lay out a game plan so you can achieve the success you want and deserve and live the life you've always wanted
- Find how you are being sabotaged to get you back on the path of success
- Solving the problems (top down), changing only what is necessary to re-empower you
- Use role-playing to let you practice some of the new techniques in a safe and comfortable setting so that you are equipped to overcome future sabotages
- Engage prayer in the process of integration/recovery to align Divine intention for your life

Ready to conquer your Enemies of Potential? [Please join me for a complimentary no-obligation *From 'Under Attack' From the Enemy to Awesome* conversation.](#) I offer this to discuss how this might bless your life and your dreams.

The Creative (Wizard and Dazzler)

As the creative you are the wizard full of the most novel ideas, breakthroughs, and diverse solutions. When you are 'on' you dazzle the world with your often-unexplained insights, truths, and possibilities. When you are on a creative high, there are few limits to what you can do. As the Creative, you:

- Love learning something new
- Experience excitement that is absolutely infectious when you are in your creative zone
- Inspire others in their own creativity
- Baffle with your brilliance
- Have an adrenaline rush and sense that **all** things are possible in the midst of creative moments

Unfortunately, that creative high can lead to fear of boredom from repetitious tasks. You often struggle with finishing what you start. Especially when a new creative idea strikes. After all, if there is a new creative idea, perhaps this existing project isn't 'the project' that will lead to your success.

Your limiting beliefs may include:

- If it's not exciting, it is not worth my while (or time and dedication)
- The grass is always greener, one idea away
- Maybe I don't have the whole idea, there is something I am missing
- Really creative people should be able to turn on and off the creative light switch at will, if not then maybe I'm really not the creative genius I think I am

Your toughest edge is to stay in relationship with your idea on the days when it's not exciting. To learn to keep the idea creatively alive to completion.

The new mantra needed is: "Because this idea has a heart, I can love it into the next phase of creativity...even when it is not dazzling and allow it to fully blossom."

The Service Oriented (I Am My Neighbors Keeper)

As the service oriented you are often commanded and organized by the Golden rule of doing unto others first, what you would like done for you. Your sense of caring is what allows for the personal needs of others to be seen, heard, and cared for consistently. Without you it is likely that random acts of kindness would be in short supply.

For you doing for others is the meaning, you get your kudos through hearing affirmations of what you've done to help someone. As someone who is Service Oriented, you:

- Are totally dedicated to the benefit of others
- Have a fine-tuned sense of where people are emotionally and in their circumstances
- Seek first to understand, rather than be understood
- Can be counted on to go the extra mile
- Making another smile is high on your priority list

Unfortunately, you can often feel there are never enough hours in the day to 'fix' the problems at hand. If you just did one more thing that the world would be better. Some days, you feel you are a living 'doing' rather than a living being. Moving past the idea that more is better is a critical new understanding in your equilibrium.

Your limiting beliefs may include:

- I am only a worthwhile person if I am helping others
- If don't do everything for the person in need, it won't be done right
- I am the source of the help that is occurring
- If I take a day off, I am shirking responsibility

Your toughest edge is understanding that teaching others to lead and self-sustain is the real art and the gift. You must also fully realize that an interdependent relationship with the Divine and what the Divine envisions in the circumstance (not simply your vision,) is key in working with others effectively.

The new mantra needed is "I cooperate with the Divine in fully potentiating others in their gifts, asking for the Divine vision for others...leaving aside my own limited vision."

The Brainiac (Geek for all Reasons)

As the Brainiac (Highly Trained /Educated), you have worked exceedingly hard to build your knowledge base...and put in the time, energy, and due diligence. You have the years of study, the degrees, the disciplined research, and the science to prove anything that you do. Your greatest strength is your diligence, data, and the critical thinking skills that allow you to assemble and prove your new ideas. You:

- Have ability to reason that is beyond compare
- Have amazing stamina and diligence to learn something
- Experience ideas and new knowledge as a form of entertainment
- Often make the greatest contributions because of your dedication
- Routinely will go the extra mile to pursue an idea and take pride in doing so

Unfortunately, your training, education and knowledge can also hold you back. You know you are limited by what you know and that can cause an unceasing pursuit of more education. You need to learn to stop second-guessing yourself and critically questioning your choices. It is important for you to learn that knowledge is not the full solution...you need to learn from your heart and emotions too.

Your limiting beliefs may include:

- more information will solve my unsolved problems and make me better
- it is a sign that I am unsuccessful if I do not have the full answer
- success is about the right strategy
- I am vulnerable to wrong decisions and childish if I operate with and trust my heart and emotions

Your toughest edge is over-thinking and second guessing. You are particularly prone to not trusting insights that come in and will push aside feelings and messages from the heart thinking these thoughts lack superiority because they are not grounded in logic.

The new mantra needed is "My logic is greatly aided and supported by full contact with my heart, my emotions, and my spirit."

The Inspired (I Have a Dream!)

As the Inspired, you have the certainty, the clarity around purpose that others who would like to be more directed in their purpose simply don't have. This certainty is enviable and has its' own problems. You are often serving some kind of Higher purpose or calling and often tasking yourself to stay on purpose, on mission for some Higher good. As the Inspired, you:

- Experience such dedicated focus on making important contributions to humanity, it puts you in a special category
- Feel working on the dream is a reward for you
- Know your contributions often create quality of life for others/systems suffering internal or external oppression
- Are most likely to have made social contributions that are entirely unique or pressing the edge of what is thought to be possible
- Have a very strong sense of Mission

Because the dream is lofty, there are often periods of cloudiness. It is not unusual to have stages of full determination or marching forwardmatched by stages where the movement goes into hibernation or lack of clarity. This lack of clarity is the incubation period for the next juncture or level of success.

Your limiting beliefs include:

- if I stay on mission everything will take care of itself
- if is unspiritual or unpatriotic - I have missed my calling if this is not my entire life.
- I'm not on purpose if I am spending my energy on day to day living
- When I am operating in my purpose, something's wrong with my thinking if things aren't flowing

Without self-care, your mission is impossible. You need to learn to practice self-care diligently. You need to build structures in to preserve your income, sleep, exercise, eating healthy food so that you are replenished enough to sustain yourself in achieving your accomplishments.

Your toughest edge is often dedicating to regular and equal cultivation and caring for the torch-bearer (you). Without this you enter distress and burnout.

The new mantra needed is "I dedicate myself to caring for the vessel and the world I live in, so that I can fully contain and carry forth what I am called to do...sustaining my dream across time.

The Naturally Talented (Born a Star)

You are in a category by yourself and will do things that cause others to marvel. You are best described as 'born with a silver spoon' (in your area of talent.) It appears to others that you must have had a previous life where you had considerable training. As the naturally talented, you:

- Are that rare person who never had to work hard at your talent.
- Make what you do look easy.
- Routinely do things that would take others years of study naturally.
- Are a one of a kind talent with contributions that won't be repeated

Due to the ease of your ability, you are often allergic to doing the study and practice necessary to take you from talented to the 10,000 hours important to bring you to full excellence. Stepping out of isolation and acknowledging the importance of your imperfections is important to living a fuller life.

Your limiting beliefs include:

- I'm not really talented if I need to practice
- I protect and preserve my talent by spending a lot of time alone- I don't fit in with the world
- Maybe I'm an imposter. The next performance I might not do well at all, then what will happen and who will I be?
- I have nothing else as a human that makes me worthwhile but this talent

One of your important opportunities is to bring yourself into relationship with the importance of practice routines that can connect you to your full talent. These routines help in developing respect for the importance of living an ordinary life, (with strictly human qualities,) including the frustrations and limitations of ordinary people and sticking to a schedule. These routines give you breadth, depth and a sense of belonging in the larger world.

Your toughest edge is letting go of the total identity that says that you are your talent and you are no one without it. This is scary, since it involves coming face to face with your vulnerabilities.

The new mantra needed is "I bless my talent by joining the world through ordinary routines. I welcome a compassionate relationship with what is imperfect and frustrating in me and others...through this I become aware that my human qualities, imperfections and frustrations connect me to the world and make me lovable."