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**FRONT COVER:**

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# Foreword

In discovering this hidden potential the individual can broaden their endeavors both in their personal life and in the work environment. The changes that become evident are both physical as well as mental.

There are many techniques in the world today that teachers or helps an individual find and use their hidden potentials.



## ***Conquering The Cranium***

Master Your Mind And Unlock Your Hidden Potential With This  
Roadmap To Success

# Chapter 1:

## *All About Your Hidden Potential*

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### Synopsis

A lot more can be done and achieved if this hidden potential is tapped into. Fortunately for some unforeseen circumstances often force these hidden potential to surface. In doing so it usually surprises the individual and those around.



## **The Start Point**

These methods may range from self help books, techniques, or seminars while there are also exercise regiments that can contribute to the end too. Besides this there are also mind techniques that are explored for the same reasons of finding and releasing the hidden potentials in people.

The simplest way of finding the hidden potential in an individual is the expose the said individual to as many different possible scenarios as possible.

These different circumstances will eventually show the various hidden capabilities of an individual which would otherwise never been known. The same concept also applies to groups working together.

When faced with a problem that could stagnate a project the resources and abilities shown by the group to overcome the stagnation can sometimes be phenomenal.

These hidden potential can also allow the individual to grow in a positive manner and bring about progress and success in his or her life. in most cases the discovery of the hidden potential can come as a surprise but not totally incomprehensible as there is always that extra energy or wisdom the body reserves subconsciously for such possibilities that may present itself.

In discovering this hidden potential the individual can broaden their endeavors both in their personal life and in the work environment. The changes that become evident are both physical as well as mental. Those around the individual who has just made this discovery about themselves also benefit from the example and results seen and may even be spurred to try to find their own hidden potentials.



# Chapter 2:

## *Re-think Your Goals*

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### Synopsis

There are times when a person reaches a certain stage in life when he or she needs to take stock of what they have achieved up to that point. Very few can successfully attest to the fact that they have achieved all they set out to do. Sadly this makes up a large percentage of the people who just try to get by in life.





## **Goals**

There is also the group that has abandoned their goal somewhere along the line for various reasons. There are also people who just speak and think about their goal but do nothing physically to help move towards achieving the said goal.

All three different scenarios would suitably call for the rethinking or reevaluation of the goals. In setting a goal that is too unrealistic or unattainable the goal reaching process is already sabotaged even before it has begun. Therefore in rethinking the goal a lot of beneficial changes can be made and the individual can be directed back to being focused on achieving the goal.

The actual physical changes that happen in an individual's life may call for the rethinking of the previously set goals. Physical problems, medical problems, stress and many others can cause a goal to be derailed or abandoned. Having to start a family and then having to cope with the family expansion is another popular reason for having to re think goals. Some things have to prioritized while others needs to be shelves altogether, thus the exercise of rethinking goal should ideally be practiced several time in a person's life.

In exercising the chance to rethink goals the individual can also learn to tap into the things learnt through life experiences as these may benefit greatly in creating a more focused and realistic and achievable goal setting.

# Chapter 3:

## *Have A Look At Your Talents*

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### Synopsis

Most people don't bother with trying to define their talents for fear of being a failure. This of course is a detrimental way of thinking even if it only affects the self. Sometimes it requires an in depth and honest search of one's self to make these discoveries come to light.



## **Your Gifts**

Some talents are so obvious in the individual's life that the individual is totally unaware of them. Being able to do something unusual naturally and easily is one way to classifying a talent. Perhaps taking a good hard look at one's capabilities will be able to set the stage for the discovery of the inner hidden talent.

Listening to people's expression of amazements at something thought to be trivial is another way of realizing the talent potential within an individual. Things that the individual takes for granted can actually be a talent that the individual possess. These talents may not be earth shattering but they are talents all the same.

Finding and capitalizing on the strengths available to the individual also help to enhance the already every present talent potential. This can be fairly easy as the potential is already evident from within all it takes is a little push in the right direction.

Talents are usually associated with doing something well and something that the individual enjoys doing. When these positive elements are present the talent that surfaces will come easily.

If the talent is not evident that taking improvements classes also encourages the individual to tap into potentially evident talents. Sometimes it takes a certain amount of adventure in trying new things before a talent is discovered. A lot of people tend to "suddenly"

discover the talents which were there but previously untapped. Therefore having the open mindset to try anything and everything may bring about the pleasant discovery of an unknown talent.



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