

What does it mean to be limitless? It is defined as a point or level beyond restriction on the size or amount of something possible.

While many limits exist for our safety and well-being -- imagine driving at autobahn speeds through the neighborhood! -- many limits are self-imposed and do not serve us.

The idea of Limited Ideas Entertained, aka LIE's, comes from the book *Limitless*, by Jim Kwik. So often we make decisions about ourselves and our futures based on a faulty belief system. Things that may have been true as a child, or as a young adult, may not be true anymore.

Several years ago, I spent a lot of time traveling as a guest speaker at events around the country. I came down with a terrible sinus infection days before one of these events. My doctor prescribed something to help clear it up, and I found myself just about hallucinating on the stage. Let's just say it was not one of my finest speeches. The following weekend, I had another event. I had a terrible bout of food poisoning the night before, and I had to cancel my appearance (from the bathroom floor where I had spent the night!) 2 hours before I was scheduled to appear. Afterward, I decided that I would no longer be a guest speaker at events, and that was the end of that.

Looking back, I can see that I imposed a limit on myself that was not self-serving. Two bad experiences back-to-back changed my entire outlook on my career. Were they based on fact? Nope. Did it feel like it at the time? Absolutely!

This is why it is so important to have a core set of beliefs that you can use as a homing beacon. There will always be naysayers in your life, and people who try to impose their beliefs on you. There will always be events that make you doubt yourself and second-guess your decisions. Just keep refocusing on the beacon, your core values, and let everything else fall by the wayside. Say, "Bless your heart for being concerned about me, but I've got this."

Jim Kwik, the author of *Limitless*, did a podcast with Stan Lee (creator of the Marvel franchise.) Stan Lee mentioned the iconic line from Spiderman, "With great power comes great responsibility." Jim followed with, "But with great responsibility comes great power!" When we take responsibility for what we focus on, what things mean, owning our actions and mistakes, and being accountable, we find great power.

AND YOUR ALIGNMENT ASSIGNMENT...

1. Reframe and rename. You may be differently-abled, but that does not make you disabled. Just because you cannot do a push-up or squat doesn't mean you can't do an arm curl with hand weights while sitting in your recliner. Everyone's journey looks a little different- find what works for you.
2. Start operating from just the facts. Do the small things until you can do the big things. There is no need for melodrama or a "woe is me" attitude. You ARE capable!
3. Create a new belief system based on your discoveries. So, you had a bad experience. Is it valid? Should it influence the trajectory of your life?

The only limits we have are the limits we believe. Are you ready to step into a limitless life and become the best version of YOU?