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the truth is that your full potential is a constantly moving target one that gets further away as you progress toward it the better question to ask yourself might be how can we

continually expand our potential how can we make ourselves so much more than we currently are and become closer to everything we could be

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the key is identifying what your full potential looks and feels like mapping it out with goals and creating patterns around those goals soon you ll be achieving more than you ever thought you could

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fulfilling your potential not only comes from self belief it comes from manifesting the right environment that you can thrive in if you are an eagle who surrounds yourself with

chickens who

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english x 277 pages 20 cm dweck explains why it s not just our abilities and talent that bring us success but whether we approach them with a fixed or growth mindset she makes clear why praising intelligence and ability doesn t foster self esteem and lead to accomplishment but may actually jeopardize success

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