

# gay hendricks big leap

## **Gay Hendricks Big Leap:** Unlocking Your Full Potential for a Fulfilling Life

The phrase **Gay Hendricks Big Leap** has become synonymous with personal transformation and achieving extraordinary success. Based on Hendricks' renowned book, *The Big Leap*, this concept encourages individuals to break free from self-imposed limitations and step into their highest potential. Whether you're seeking professional growth, deeper relationships, or inner peace, understanding and applying the principles of the Big Leap can significantly elevate your life. In this comprehensive guide, we'll explore the core ideas behind the Big Leap, how to identify and overcome your upper limit problems, and practical strategies to create a life of abundance and fulfillment.

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## Understanding the Big Leap Concept

### What Is the Big Leap?

The Big Leap is a concept introduced by Gay Hendricks that describes the moment when individuals transcend their comfort zones and self-imposed limitations to reach new heights of success and happiness. Hendricks posits that most people are capable of living extraordinary lives but are held back by subconscious fears and limiting beliefs.

### The Four Hidden Barriers

According to Hendricks, there are four primary barriers that prevent us from experiencing our full potential:

1. **Anxiety and worry:** Fear of losing control or the unknown.
2. **Sense of unworthiness:** Believing you're not deserving of success or happiness.
3. **Fear of outshining others:** Concerns about jealousy or alienation.
4. **Difficulty in accepting abundance:** Struggling to believe that success and happiness are available to you.

Overcoming these barriers involves awareness and deliberate action, which is at the heart of the Big Leap philosophy.

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# Core Principles of the Big Leap

## 1. Recognize Your Upper Limit Problem

The Upper Limit Problem (ULP) is a term Hendricks uses to describe the self-sabotaging behaviors we engage in when we approach our success or happiness limit. These might include:

- Sabotaging relationships
- Self-doubt and negative self-talk
- Procrastination and avoidance
- Physical ailments or stress

The first step is awareness—identifying when you're hitting your upper limit and consciously choosing to move beyond it.

## 2. Cultivate Self-Compassion and Inner Confidence

A key aspect of the Big Leap is developing a loving and accepting relationship with oneself. Hendricks advocates practices such as:

- Daily affirmations of worthiness
- Mindfulness meditation to observe and release limiting thoughts
- Celebrating small successes to build momentum

Building inner confidence diminishes the fear of outshining others or losing control.

## 3. Embrace a Zone of Genius

Hendricks emphasizes discovering and operating within your Zone of Genius—the activities that make you feel most alive and authentic. This involves:

- Identifying your unique talents and passions
- Designing your life to focus on these strengths
- Delegating tasks that drain your energy

Living in your Zone of Genius leads to greater satisfaction and productivity.

## **4. Practice Conscious Living**

Making deliberate choices aligned with your highest self involves:

- Setting clear intentions
- Being present in daily activities
- Taking responsibility for your happiness and success

This conscious approach helps you navigate challenges and stay aligned with your purpose.

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## **Applying the Big Leap in Daily Life**

### **Step-by-Step Strategies**

To implement the principles of the Big Leap, consider the following actionable steps:

#### **1. Identify Your Upper Limit Triggers**

- Reflect on moments of self-sabotage or stress.
- Keep a journal to note recurring patterns.

#### **2. Practice Mindfulness and Self-Awareness**

- Start each day with a few minutes of meditation.
- Observe your thoughts without judgment.

#### **3. Use Affirmations and Visualizations**

- Repeat positive affirmations like "I am worthy of success."

- Visualize yourself living in your Zone of Genius.

#### 4. Take Inspired Action

- Identify small steps toward your goals.
- Celebrate progress to reinforce positive momentum.

#### 5. Develop Supportive Habits

- Engage in regular reflection and goal-setting.
- Surround yourself with positive, growth-oriented individuals.

## Overcoming Common Challenges

While applying the Big Leap principles can be transformative, challenges may arise:

- **Fear of Change:** Embrace discomfort as a sign of growth.
- **Impatience:** Practice patience and trust the process.
- **Self-Doubt:** Use affirmations and evidence of past successes.

Consistent effort and self-compassion are essential to overcoming these hurdles.

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## Benefits of Making The Big Leap

### Personal Growth

By stepping into your Zone of Genius and overcoming limiting beliefs, you can experience:

- Greater self-confidence

- Enhanced emotional resilience
- Deeper self-awareness

## **Professional Success**

Applying the Big Leap principles can lead to:

- Increased creativity and innovation
- Better decision-making
- Career advancement and fulfillment

## **Relationship Improvements**

When you're aligned with your true self, you tend to attract healthier relationships characterized by:

- Authentic communication
- Mutual respect and understanding
- Deeper emotional intimacy

## **Overall Well-Being**

Living in your Zone of Genius fosters a sense of purpose, joy, and inner peace, contributing to a healthier, happier life.

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## **Success Stories and Testimonials**

Many individuals have reported profound transformations after embracing the Big Leap philosophy. Here are some common themes:

- Breaking free from self-imposed limitations to pursue passions.

- Achieving career milestones that once seemed out of reach.
- Developing healthier relationships and greater self-love.
- Experiencing increased happiness and fulfillment.

These success stories highlight that the Big Leap is not just theoretical but a practical approach to living a more rewarding life.

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## **Conclusion: Take Your Big Leap Today**

The **Gay Hendricks Big Leap** offers a transformative framework for overcoming internal barriers and stepping into a life of abundance, success, and joy. By recognizing your upper limit problems, cultivating self-confidence, embracing your Zone of Genius, and practicing conscious living, you can unlock your highest potential. Remember, the journey of a thousand miles begins with a single step—so take that step today and commit to making your Big Leap into the life you truly deserve.

Whether you're seeking personal growth, professional success, or deeper fulfillment, the principles of the Big Leap provide a clear path forward. Embrace change, trust yourself, and start living the life you've always imagined. Your greatest potential awaits—are you ready to leap?

## **Frequently Asked Questions**

### **What is the main concept behind Gay Hendricks' book 'The Big Leap'?**

The main concept of 'The Big Leap' is about overcoming self-imposed limitations and upper limits to achieve true success and happiness by identifying and addressing the beliefs that hold us back.

### **How does Gay Hendricks define the 'Upper Limit Problem' in 'The Big Leap'?**

Hendricks describes the 'Upper Limit Problem' as a self-sabotaging tendency where we unconsciously create problems or setbacks when we start to experience too much success, happiness, or love, because it exceeds our internal comfort zone.

### **What practical strategies does Gay Hendricks suggest for overcoming the Upper Limit Problem?**

Hendricks recommends practices such as increasing awareness of one's negative thought patterns, cultivating positive feelings, practicing deep breathing and mindfulness, and consciously choosing to

stay in a state of success and joy.

## **How can 'The Big Leap' help individuals improve their personal and professional lives?**

By helping individuals identify and break through their self-imposed barriers, the book empowers them to achieve higher levels of success, deepen relationships, and create more fulfilling lives both personally and professionally.

## **Is 'The Big Leap' suitable for someone struggling with self-doubt or limiting beliefs?**

Yes, 'The Big Leap' provides insights and tools specifically designed to address self-doubt and limiting beliefs, encouraging readers to expand their comfort zones and embrace their full potential.

## **What role does the concept of 'Zone of Genius' play in Gay Hendricks' teachings in 'The Big Leap'?**

The 'Zone of Genius' refers to the work and activities that align with our natural talents and passions. Hendricks emphasizes that operating in this zone leads to greater fulfillment and success, encouraging readers to identify and stay in their genius zone.

## **How has 'The Big Leap' influenced personal development and coaching communities?**

The book has become a foundational text in personal development, inspiring coaches and individuals to focus on overcoming internal barriers, cultivating positive mindsets, and achieving higher levels of success and happiness.

## **Are there any recommended exercises or practices from 'The Big Leap' to implement in daily life?**

Yes, Hendricks suggests practices such as setting intentions to operate from your 'Zone of Genius,' practicing gratitude, and recognizing when you are approaching your upper limit to consciously choose positive feelings and keep expanding your success.

## **Additional Resources**

Gay Hendricks Big Leap: Unlocking Your Highest Potential

In the realm of personal development and self-improvement, few concepts have garnered as much attention as Gay Hendricks' groundbreaking book, *The Big Leap*. This influential work introduces readers to transformative ideas about overcoming internal barriers, embracing their true potential, and achieving lasting happiness and success. At the core of Hendricks' philosophy is the notion that most individuals are capable of extraordinary accomplishments, yet subconscious fears and limiting beliefs often keep them confined within comfort zones. *The Big Leap* offers a practical framework to

shatter these barriers and step into a life of fulfillment.

This article explores the core principles of Gay Hendricks' The Big Leap, examining its psychological foundations, practical strategies, and how it can be applied to various aspects of personal and professional life. Whether you're seeking greater happiness, career success, or meaningful relationships, understanding and implementing the concepts within the Big Leap can catalyze profound personal growth.

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Understanding the Core Concept: The Upper Limit Problem

## **The Upper Limit Problem: The Invisible Barrier to Happiness**

At the heart of Hendricks' philosophy is the concept of the Upper Limit Problem (ULP). According to Hendricks, many individuals unconsciously sabotage their own happiness and success because they have an innate "upper limit" threshold. This threshold is a subconscious barrier that determines how much positive emotion, success, or love a person believes they are capable of experiencing at one time.

The Upper Limit Problem can manifest in various ways, such as:

- Self-sabotage when things are going well
- Feeling undeserving of happiness or abundance
- Fear of success or deep-seated guilt about achievement
- Sabotaging relationships or careers at critical moments

Hendricks suggests that these behaviors are driven by fear—fear of outgrowing old patterns, fear of change, or fear of losing control. The result is a cycle of emotional highs and lows, where moments of happiness are often short-lived and followed by self-imposed setbacks.

The Psychological Roots of the Upper Limit

The ULP is rooted in childhood experiences, cultural conditioning, and personal stories that shape our beliefs about what we deserve. For instance:

- Growing up in environments where success was met with jealousy or resentment can cause individuals to feel guilty when they succeed.
- Cultural narratives about worthiness influence how deserving one feels of love and happiness.
- Past failures and trauma can create internal doubts that limit future growth.

Overcoming the ULP requires conscious awareness of these subconscious beliefs and active efforts to reprogram the mind to accept greater levels of success and joy.

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The Four Hidden Barriers to Success

Hendricks identifies four primary barriers that often keep individuals from experiencing their



Ultimate Success:

1. Feeling fundamentally flawed or unworthy
2. Believing that success will lead to negative consequences (such as loss of relationships or increased responsibility)
3. Fear of outshining others or being perceived as different
4. A sense of guilt or shame around abundance or achievement

Recognizing these barriers is a crucial first step. Once identified, individuals can work to dismantle these mental blocks through specific practices and mindset shifts.

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The Big Leap: Embracing Your Zone of Genius

## Stepping Into Your Zone of Genius

A central concept in Hendricks' work is the idea of the Zone of Genius. This is the state where individuals operate at their highest levels of creativity, productivity, and joy. Hendricks emphasizes that most people spend too much time in their Zone of Competence or Zone of Excellence—doing work they are good at but that doesn't fully tap into their unique talents and passions.

Identifying Your Zone of Genius

To find your Zone of Genius, consider:

- What activities make you lose track of time?
- What tasks energize and excite you?
- What do others often praise you for?
- When do you feel most alive and authentic?

Once identified, the goal is to shift priorities towards activities that align with your Genius, thereby increasing fulfillment and success.

Overcoming the Fear of Moving into Your Genius

Many individuals resist operating fully in their Zone of Genius because of fears such as:

- Fear of failure or judgment
- Concerns about financial stability
- Fear of leaving a comfort zone

Hendricks advocates for a conscious decision to embrace these fears and take incremental steps toward greater authenticity. The reward is a life where work feels meaningful and effortless.

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Practices and Strategies to Make the Big Leap

# The Tools for Transformation

Hendricks offers practical exercises and mindset shifts to help individuals transcend their upper limits and live in their Zone of Genius:

## 1. Awareness and Mindfulness

- Recognize when you're feeling anxious, guilty, or self-critical, which signals an upper limit breach.
- Practice daily mindfulness to observe thoughts and emotions without judgment.

## 2. Reframe Limiting Beliefs

- Identify beliefs like "I don't deserve success" or "If I succeed, I'll lose my friends."
- Replace them with empowering affirmations, such as "I am worthy of abundance" or "Success enhances my life and relationships."

## 3. Set Intentions and Take Small Steps

- Commit to small actions that align with your Zone of Genius.
- Celebrate each step to build confidence and momentum.

## 4. Cultivate Appreciation and Gratitude

- Focus on what's working well in your life.
- Gratitude shifts your emotional set point upward, making it easier to accept greater success.

## 5. Develop a Success Ritual

- Create daily routines that reinforce your commitment to growth, such as meditation, journaling, or visualization.

## 6. Seek Support and Accountability

- Engage with coaches, mentors, or communities that foster growth.
- Sharing goals increases accountability and reinforces positive change.

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## Applying The Big Leap in Various Life Domains

Hendricks' principles are versatile and can be applied across different facets of life:

- Career: Transition into roles that leverage your unique talents; pursue passions that align with your true purpose.
- Relationships: Cultivate authentic connections by shedding fears of rejection or being outshined.
- Health and Wellness: Overcome internal barriers that limit self-care or hinder healthy habits.
- Financial Abundance: Shift beliefs about money and success to attract greater prosperity.

By consciously making the Big Leap, individuals can experience a ripple effect of positive change, enhancing overall well-being and fulfillment.

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## Case Studies and Success Stories

Numerous individuals have reported transformative results after applying Hendricks' Big Leap

principles:

- A corporate executive transitioned from a high-pressure job to a career aligned with her passion for coaching, resulting in increased happiness and financial stability.
- An artist overcame the fear of failure to showcase her work publicly, leading to new opportunities and recognition.
- A couple improved their relationship by removing subconscious fears of abandonment and embracing vulnerability.

These stories underscore the practical effectiveness of Hendricks' approach in overcoming internal limitations and achieving extraordinary success.

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### Conclusion: The Empowering Journey of the Big Leap

Gay Hendricks' *The Big Leap* provides a powerful roadmap for breaking free from self-imposed limitations and embracing a life of authentic success. By understanding the Upper Limit Problem, identifying your Zone of Genius, and employing practical strategies to shift mindset and behavior, you can unlock your full potential. The journey requires courage, awareness, and commitment, but the rewards—lasting happiness, fulfillment, and success—are well worth the effort.

Ultimately, the Big Leap is about choosing to live at your highest possible level of joy and achievement. It's a conscious decision to transcend fears, reprogram limiting beliefs, and step into the life you were truly meant to lead. As Hendricks eloquently states, "Your real purpose is to be the best you that you can be." Are you ready to make your Big Leap?

## [Gay Hendricks Big Leap](#)

**gay hendricks big leap:** *The Big Leap* Gay Hendricks, 2009-04-21 Most of us believe that we will finally feel satisfied and content with our lives when we get the good news we have been waiting for, find a healthy relationship, or achieve one of our personal goals. However, this rarely happens. Good fortune is often followed by negative emotions that overtake us and result in destructive behaviors. I don't deserve this, this is too good to be true, or any number of harmful thought patterns prevent us from experiencing the joy and satisfaction we have earned. Sound familiar? This is what New York Times bestselling author Gay Hendricks calls the Upper Limit Problem, a negative emotional reaction that occurs when anything positive enters our lives. The Upper Limit Problem not only prevents happiness, but it actually stops us from achieving our goals. It is the ultimate life roadblock. In *The Big Leap*, Hendricks reveals a simple yet comprehensive program for overcoming this barrier to happiness and fulfillment, presented in a way that engages both the mind and heart. Working closely with more than one thousand extraordinary achievers in business and the arts—from rock stars to Fortune 500 executives—whose stories are featured in these pages, the book describes the four hidden fears that are at the root of the Upper Limit Problem. *The Big Leap* delivers a proven method for first identifying which of these four fears prevents us from reaching our personal upper limit, and then breaking through that limitation to achieve what Hendricks refers to as our Zone of Genius. Hendricks provides a clear path for achieving our true potential and attaining not only financial success but also success in love and life.

**gay hendricks big leap: Your Big Leap Year** Gay Hendricks, PH.D., 2024-02-13 A 366-day

guidebook to maximizing wealth, love, and creativity from New York Times bestselling author Gay Hendricks. What if a year from now you could be experiencing more happiness, health and wealth? Learn how to take the big leap - one little leap a day. Gay Hendricks' bestselling book *The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level* has sold over 350,000 copies since its original publication. That book outlined the idea of going beyond the reader's happiness ceiling, and into experiencing the joys of life in ever-growing ways. Now comes Hendricks' companion book, *Your Big Leap Year*, which breaks the larger goals explored in Hendricks' bestseller into smaller daily steps, helping readers move into immediate action and stop delaying their dreams. This 366-day (to accommodate leap years!) guidebook takes readers on a journey to leave good behind in pursuit of extraordinary. For everyone who wants to break through their self-imposed limits and reach new degrees of success in any area of life, *Your Big Leap Year* is the perfect book to empower readers to live their greatest lives, at last!

**gay hendricks big leap: The Big Leap** Gay Hendricks, 2016-06-13 Most of us believe that we will finally feel satisfied and content with our lives when we get the good news we have been waiting for, find a healthy relationship, or achieve one of our personal goals. However, this rarely happens. Good fortune is often followed by negative emotions that overtake us and result in destructive behaviors. I don't deserve this, this is too good to be true, or any number of harmful thought patterns prevent us from experiencing the joy and satisfaction we have earned. Sound familiar? This is what New York Times bestselling author Gay Hendricks calls the Upper Limit Problem, a negative emotional reaction that occurs when anything positive enters our lives. The Upper Limit Problem not only prevents happiness, but it actually stops us from achieving our goals. It is the ultimate life roadblock. In *The Big Leap*, Hendricks reveals a simple yet comprehensive program for overcoming this barrier to happiness and fulfillment, presented in a way that engages both the mind and heart. Working closely with more than one thousand extraordinary achievers in business and the arts--from rock stars to Fortune 500 executives--whose stories are featured in these pages, the book describes the four hidden fears that are at the root of the Upper Limit Problem. *The Big Leap* delivers a proven method for first identifying which of these four fears prevents us from reaching our personal upper limit, and then breaking through that limitation to achieve what Hendricks refers to as our Zone of Genius. Hendricks provides a clear path for achieving our true potential and attaining not only financial success but also success in love and life.

**gay hendricks big leap: Summary of Gay Hendricks's The Big Leap by Milkyway Media** Milkyway Media, 2018-08-30 *The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level* (2009) by Gay Hendricks reveals one of the most common barriers to an individual's success: the Upper Limit Problem (ULP), a self-imposed, subconscious limit for how much happiness and positivity someone can feel. Using research, case studies, and personal experience, Hendricks explores how the ULP can prevent someone from taking *The Big Leap*, or reaching his or her highest potential... Purchase this in-depth summary to learn more.

**gay hendricks big leap: Summary of The Big Leap by Gay Hendricks** QuickRead, Alyssa Burnette, Written for anyone who's ever felt that their fears and insecurities are getting in the way of accomplishing their life goals, *The Big Leap* (2009) is a guidebook for taking that life-changing plunge. By laying out the numerous ways in which we sabotage our own lives, Hendricks provides readers with a practical, step-by-step roadmap for eliminating these toxic behaviors and achieving our dreams. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. DISCLAIMER: This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at [hello@quickread.com](mailto:hello@quickread.com).

**gay hendricks big leap: Analysis of Gay Hendricks's the Big Leap by Milkyway Media** Milkyway Media, 2018-05-25 *The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level* (2009) by Gay Hendricks reveals one of the most common barriers to an individual's success:

the Upper Limit Problem (ULP), a self-imposed, subconscious limit for how much happiness and positivity someone can feel. Using research, case studies, and personal experience, Hendricks explores how the ULP can prevent someone from taking The Big Leap, or reaching his or her highest potential...Purchase this in-depth analysis to learn more.

**gay hendricks big leap: Living in Your Genius** Gay Hendricks, 2018-09-25 Gay Hendricks broke new ground earlier this century with his bestselling classic, *The Big Leap*, which has become an essential resource for coaches, entrepreneurs, executives and health practitioners around the world. Now, Dr. Hendricks brings you his new work, the next step beyond *The Big Leap*. The new book shows how to solve two major problems creative people face: how to end negative thinking and how to liberate authentic creativity. *The Joy of Genius* also shows you how to use the Genius Move, a new navigational tool for reaching the highest level of your potential. If you are committed to bringing forth your innate genius and making your largest possible creative contribution, *The Joy of Genius*, will become a trusted companion for the journey.

**gay hendricks big leap: Summary of the Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level by Gay Hendricks** Thorough Thorough Summaries, 2021-05-19 *The Big Leap* (2009) is a treasure trove of valuable insights on how to overcome the fears and tendencies that stand in the way of lasting success. Hendricks shows us the many ways we can self-sabotage our own dreams and offers practical ways of avoiding these all-too-common pitfalls.

**gay hendricks big leap: The Genius Zone** Gay Hendricks, PH.D., 2021-06-29 Too often we live lives that we find unfulfilling, fail to reach our own potential, and neglect to practice creativity in our daily routines. Gay Hendricks's *The Genius Zone* offers a way to change that by tapping into your own innate creativity. Dr. Gay Hendricks broke new ground with his bestselling classic, *The Big Leap*, which has become an essential resource for coaches, entrepreneurs, executives, and health practitioners around the world. Originally published as *The Joy of Genius*, *The Genius Zone* has been updated and expanded throughout, making it the essential next step beyond *The Big Leap*. In *The Genius Zone*, Hendricks introduces his brilliant exercise, the Genius Move, a simple, life-altering practice that allows readers to end negative thinking and thrive authentically. By using the Genius Move, readers will learn to spend more of their lives in their zone of genius—where creativity flows freely and they are actively pursuing the things that offer them fulfillment and satisfaction. Filled with hands-on exercises and personal stories from the author, *The Genius Zone* is an essential guide to creative fulfillment. If you are committed to bringing forth your innate genius and making your largest possible creative contribution, *The Genius Zone* will become a trusted companion for the journey.

**gay hendricks big leap: Summary of Gay Hendricks's The Genius Zone** Milkyway Media, 2021-09-28 Buy now to get the main key ideas from Gay Hendricks's *The Genius Zone* Too frequently, we lead unfulfilling lives, never realize our full potential, and fail to incorporate creativity into our everyday routines. Gay Hendricks's *The Genius Zone* (2021) shows you how to change that by tapping into your own inner creativity. Making Genius Moves is a life-changing technique that encourages you to stop thinking negatively and grow authentically into your own Genius Zone—where creativity flows freely and you actively pursue the things that bring you satisfaction. *The Genius Zone* has no boundaries: it's a spiral. The Genius Spiral is a spiraling path that leads to higher and more productive levels of creative expression. After a while in the Genius Zone, it becomes a part of you.

**gay hendricks big leap: The Soul Solution** Vanessa Loder, 2022-10-04 “Vanessa is to women and power what Brené Brown is to vulnerability.” —Andy Dunn, author of *Burn Rate*, cofounder of Bonobos Are you so busy fulfilling everyone else's expectations that you've lost touch with yourself? Do you find yourself filling up your “free” hours with mundane tasks, soaking up podcasts to improve yourself, and rushing around, never getting it all done? For many women, it's the same kind of story—we hustle to overachieve at work and at home, all in the hopes that we can “crush it” until we finally feel fulfilled. Vanessa Loder invites you to consider this question: “What if the point isn't to crush it in life, but to savor it?” With *The Soul Solution*, this sought-after women's leadership expert

shares a powerful and practical guide to help women who feel overwhelmed and exhausted to recover our true selves—and our joy in living. Here she presents a road map for coming home to yourself, including: • The Whispers of Your Soul—the three key steps for tuning out the noise and accessing authenticity • Your Energetic Bread Crumbs—how the universe signals to you when you're on the right path • Discover Your Superpower—why you've been ignoring your most valuable gifts, and how to reclaim them • From Tunnel Vision to Visionary—ways to break out of the “shame cycle” of patriarchal culture and own your destiny • Quieting the Inner Critic—how to retrain your inner voices to encourage and support you • The Upward Spiral—using the SAT method (Surrender, Allow, Trust) to get more of what you want with ease Filled with practical guidance and inspiring personal stories, *The Soul Solution* is a nonstrategic, nonlinear—but entirely effective—guide to help you reclaim your feminine, intuitive soul power to fulfill your most meaningful and satisfying desires.

**gay hendricks big leap: The Lightworkers Healing Method** Lynn McGonagill, 2012-10-16 “Filled with insight, wisdom and 21st Century techniques . . . [this manual] is a big leap into a new dimension of healing . . . brilliantly simple.” —Gay Hendricks, Ph.D., New York Times-bestselling author of *The Big Leap* and *Conscious Loving* Do you ever ask: Is this all there is? Do you want more health, joy, peace, love, or abundance in your life? Do you wish you could help loved ones through their challenges in a meaningful way? Do you want that kind of help for yourself? Are you moved to do something else, but don't know what it is? Do you wish you had “the gift” that would let you hear messages from the Angels and Guides, connect with past lives, or see the future? Welcome to the *Lightworkers Healing Method*. LHM is both a spiritual growth vehicle and a healing system with an exceptional goal: to align us with our soul's life purpose. It improves the present by working with both past and future lives as well as higher-dimension Guides, Angels, and Lightbeings in a unique and powerful process. LHM applies to any arena of life: physical, mental, emotional, spiritual, financial, or interpersonal. In this method of healing, we learn to become conduits for Divine energy to help ourselves and others succeed. *The Lightworkers Healing Method: BE Who Your Soul Wants You To Be* is a how-to manual for this system of energy healing. Channeling Divine healing is not a gift; it is a teachable, learnable skill. Now it can be your skill. Be who your soul came here to be; live the life you came here to live. Help others do the same. As we each do our part, the world transforms. Come join us in the transformation.

**gay hendricks big leap: Pivot** Jenny Blake, 2016-09-06 “Looking to make a career change? *Pivot* is a book you will turn to again and again.”—Daniel H. Pink, author of *To Sell Is Human* and *Drive* If you've got the perfect job or business, congratulations. But if you are even a little bit uncertain that your current gig is the right one, it is time to start thinking about your next move. In the new world of work, it's the only move that matters. What's next? is a question we all have to ask and answer more frequently in an economy where the average job tenure is only four years, roles change constantly even within that time, and smart, motivated people find themselves hitting professional plateaus. But how do you evaluate options and move forward without getting stuck? Jenny Blake's solution: it's about small steps, not big leaps—and the answer is already right under your feet. This book will teach you how to pivot from a base of your existing strengths. Pivoting is a crucial strategy for Silicon Valley tech companies and startups. Jenny Blake—a former training and career development specialist at Google who now runs her own company as a career and business consultant and speaker—shows how pivoting can also be a successful strategy for individuals looking to make changes in their work lives, whether within their role, organization or business, or setting their sights on bigger shifts. When you pivot, you double down on your existing strengths and interests to move in a new, related direction, instead of looking so far outside of yourself for answers that you skip over your hard-won expertise and experience. It empowers you to navigate changes with flexibility and strength—now and throughout your entire career. Much like the lean business principles that took Silicon Valley by storm, pivoting is the crucial skill you need to stay agile, whether or not you are actively looking for a new position. No matter your age, industry, or bank account balance, Jenny's advice will help you move forward strategically. Her *Pivot Method* will teach you how to: • Double down on existing strengths, interests, and experiences. Identify what is

working best and where you want to end up, then start to bridge the gap between the two. · Scan for opportunities and identify new skills without falling prey to analysis paralysis or compare and despair. Explore options by leveraging the network and experience you already have. · Run small experiments to determine next steps. Do side projects to test ideas for your next move, taking the pressure off so you don't need to have the entire answer up front. · Take smart risks to launch with confidence in a new direction. Set benchmarks to decide when the time is right to go all-in on your new direction. Pivot also includes valuable insight for leaders who want to have more frequent career conversations with their teams to help talented people pivot within their roles and the broader organization. No matter your current position, one thing is clear: your career success and satisfaction depends on your ability to determine your next best move. If change is the only constant, let's get better at it.

**gay hendricks big leap:** *The Art of Abundance* Dennis Merritt Jones, 2018-07-31 A life of wholeness and purpose are well within our reach--The Art of Abundance outlines ten rules, or practices, that lay the foundation for a life worth living. Whether we're striving for a new job, a higher salary, or a stronger relationship, Dennis Merritt Jones explains in The Art of Abundance that we all essentially want the same things: freedom, inner peace, and a life filled with purpose and meaning. He shows that a life of wholeness and peaceful satisfaction is readily available to us--we just need the eyes to see it and the faith to claim it. The problem is that most people don't know where to look for such a life. This book will help readers open their eyes to the limitless abundance that lies waiting just beyond their current belief system. In The Art of Abundance, Jones identifies ten rules, or practices that, when followed faithfully, lay the foundation for a life worth living. In order to make each rule as easy to apply as possible, Jones lays out the premise, the problem, the principle, the practice, and the payoff of each. These practices assist readers in creating a greater flow of goodness into their lives--in ways they may have never considered.

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