



# Article Side

Women of Today Start Realizing your Full Potential by [Warren Gonzales](#)

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I see it every day. I see women who have just given up on their goals and dreams and have settled into that steady decline after our supposed "prime." This is what I've started to call "stalling" because just like a worn out car we continue to struggle to turn over the engine but still don't feel like we're going anywhere.

Women of today, wake up!

If you feel stuck or like you've stalled out in life, or if you just feel limited and like you're not reaching your full potential it's time to get up and start doing something about it! If you want to show this world what you're made of the first person you need to prove it to is you. So let's get started on making you the successful female you always wanted to be.

What are you good at?

List it. List all of it. Absolutely all of it. If you're a scrabble queen put it down. If you have a knack for getting claw marks off the furniture, list it. No matter how silly you might think it is put it down if you genuinely feel it's something you're darn good at. List what's passionate to you. Put down job skills, social skills, hobbies, and anything else that lights a fire of creativity in you. Don't worry, the only one who's going to see this is you and maybe your women life coach if you opt for one later.

Now go back over the list and really feel good about it. Think about the things that make you happy and passionate and make note of it. Make note of things you're good at but only tolerate. These are all things about you and ladies, there is no one worth investing more time into than yourself and your personal growth!

Assess Where You're At

Write down some things that you feel are making you stall out. Is it your mother-in-law who's always belittling you? Something about your job that has made it lose what made it fun or enjoyable? Honestly assess things and write down what you think are being those little "black holes" in your life, the people and things that suck the creativity and sometimes even the soul right out of you and are keeping you from being the successful female you want to be.

Now make another list and this time I want you to brag. What are the great achievements and awards you've earned? What promotions, praise, volunteer service, whatever it is that you've achieved write it down so you can remember it.

So what's the point of all this? Laying this stuff down helps you to step back and honestly assess yourself and what it is in your life that's pulling you down. Before you can move on and find or create that dream job and life you really want, you need to know who and what you are first.

And before you start into anything about how most of your skillsets aren't good for anything, stop. What comes easy to you isn't easy for everyone else and because it's so simple for you often it's dismissed as irrelevant when often it's the greatest strength you have.

Let's be honest ladies. One of the biggest people keeping you down is you. The key to feeling great about yourself is to realize that no matter where you are now you are never unable to expand and grow. You are never unable to change jobs or to move on to something else because everything

you have done has gained you experience and made you valuable.

If you want to move on and become the great success youâ€™ve always wanted to be the first step is appreciating and loving you. If you want to make money doing something you enjoy then stop being so down on yourself and start reaching for your dreams! Just donâ€™t forget that there are always resources available to help you such as self-help books, support groups, and even a women life coach when you need extra help to take back control of your life and realize your full potential.

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If you feel stalled out in life and want to start making yourself into the success youâ€™ve always dreamed of than what are you waiting for? a [AmyApplebaum.com](#) can help you to start realizing your dreams and potential, and put you on the right track to releasing your inner millionairess!

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