
THE BIG LEAP



*Learn to conquer your hidden fear and
take life to the next level with help
from New York Times Bestselling
Author Gay Hendricks.*

I CALL IT THE UPPER LIMIT PROBLEM, AND I HAVEN'T MET A PERSON YET WHO DIDN'T SUFFER AT LEAST A LITTLE BIT FROM IT.

GAY HENDRICKS

"Each of us has an inner thermostat setting that determines how much love, success, and creativity we allow ourselves to enjoy," writes Hendricks. "When we exceed our inner thermostat setting, we will often do something to sabotage ourselves, causing us to drop back into the old, familiar zone where we feel secure."

Hendricks' bestselling book "The Big Leap" teaches readers how to break free of their barriers and into their Genius Zone.

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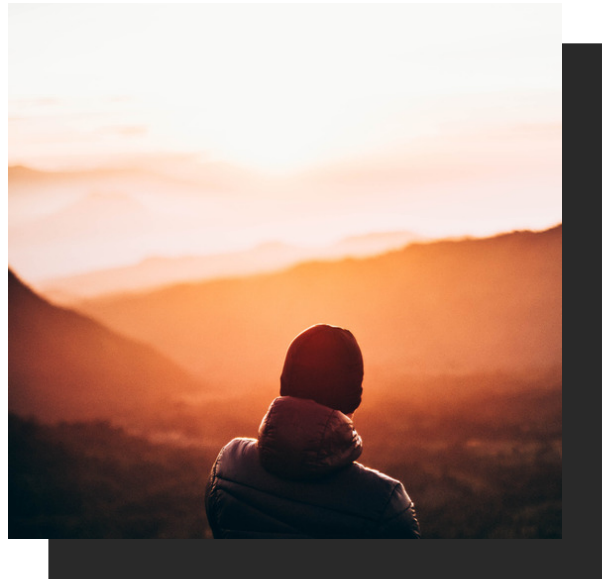
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HENDRICKS' FOUR QUESTIONS TO PREPARE FOR YOUR **BIG LEAP.**



Am I willing to increase the amount of time every day that I feel good inside?

If you said yes to increasing the amount of time you feel good inside, let's extend the question to the outer aspects of your life: **Am I willing to increase the amount of time that my whole life goes well?**

If you said yes to those questions, consider going one step further than merely increasing that amount of time: **Am I willing to feel good and have my life go well all the time?**

If you are willing to feel good and have things go well all the time, consider the ultimate step: **Are you willing to take the Big Leap to your ultimate level of success in love, money, and creative contribution?**

FINDING YOUR **HIDDEN BARRIERS**

These are false beliefs, and the beginning of your upper limit.

A feeling of being fundamentally flawed.

The fear of being fundamentally flawed brings with it a related fear. It's the fear that if you did make a full commitment to living in your Zone of Genius, you might fail.

A Fear of Disloyalty and Abandonment.

Did I break the family's spoken or unspoken rules to get where I am? Even though I am successful, did I fail to meet the expectations my parents had of me?

Believing That More Success Brings a Bigger Burden

I can't expand to my highest potential because I'd be an even bigger burden than I am now.

The Crime of Outshining

I must not expand to my full success, because if I did I would outshine others and them look or feel bad.



YOU'RE ABOUT TO MAKE A DISCOVERY THAT WILL REMOVE THE BARRIER BETWEEN YOU AND YOUR ULTIMATE SUCCESS.

Other barriers include...

- Worrying
- Blame and criticism
- Getting sick or hurt
- Squabbling Hiding significant feelings
- Not keeping agreements
- Not speaking significant truths
- Deflecting

When you notice yourself doing one of the things on your Upper Limit list, such as worrying, or failing to communicate some truth, shift your attention to the real issue: **expanding your capacity for abundance, love, and success.**

Consciously let yourself make more room in your awareness for abundance, love, and success. Use the resources of your whole being, not just your mind. For example, feel more love in your chest and heart area. **Savor the body feeling, as well as the mental satisfaction, of success and abundance.**

HENDRICKS' GENIUS QUESTIONS TO GET OUT OF YOUR **ZONE OF EXCELLENCE.**



What do I most love to do? I love it so much I can do it for long stretches of time without getting tired or bored.

What work do I do that doesn't seem like work? I can do it all day long without ever feeling tired or bored.

In my work, what produces the highest ratio of abundance and satisfaction to amount of time spent? Even if I do only ten seconds or a few minutes of it, an idea or a deeper connection may spring forth that leads to huge value.

What is my unique ability? There's a special skill I'm gifted with. This unique ability, fully realized and put to work, can provide enormous benefits to me and any organization I serve.

YOUR GENIUS COMMITMENT

YOUR SINCERE COMMITMENT IS THE ENTRY
GATE TO THE ZONE OF GENIUS.

From here on out, give your full attention to that place of joy or satisfaction.

Feel it expand as you give awareness to it. As you get more skilled with this practice, you discover that your positive feelings, your abundance, your love and creativity all begin to expand.

Then, the outer aspects of your life change to match the expanding good feeling inside you.

Consciously let yourself make more room in your awareness for abundance, love, and success. Use the resources of your whole being, not just your mind.

Take a new step with me, one that will begin to anchor you in your Zone of Genius. Recall the questions I asked you at the beginning of chapter 1. Now I want to ask you a new question that will turn on the turbojets for your Big Leap: **How about it? Will you make a commitment to living in your Zone of Genius all the time?**

I COMMIT TO LIVING IN MY ZONE OF GENIUS, NOW AND FOREVER.

I EXPAND IN ABUNDANCE, SUCCESS, AND LOVE EVERY DAY, AS I INSPIRE THOSE AROUND ME TO DO THE SAME.



GAY HENDRICKS

NEW YORK TIMES BESTSELLING AUTHOR

Gay's book, *The Big Leap*, has been a bestseller for five years and sales have been steadily growing by word of mouth. It was launched right after the beginning of the "Great Recession," and it has helped hundreds of thousands of people go beyond a culture of fear and safety and live out their true passions.

The results are remarkable on every level - from amazing careers to passionate marriages to vibrant good health.

Gay is a shining example of the benefits of what he teaches. He's prolifically creative, wildly successful as an entrepreneur, a renowned teacher, and a devoted husband. At age 70, he lives more life in a day than even an exuberant 20-year-old.

He's writing books, teaching courses, playing golf, launching companies and having a wonderful time with his wife.

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