



3 SIGNS YOU'RE TRAPPED IN POTENTIAL

212-Careers

Physicists study the fundamental principles of the universe, including energy. A physicist will tell you that kinetic energy is the energy an object possesses due to its motion. The amount of kinetic energy an object possesses depends on factors such as mass, velocity, and gravity.

The heavier an object is, the faster it moves, and the more gravity affects it, the more kinetic energy it has. A massive, heavy wrecking ball hanging from a crane and swinging into a building has lots of kinetic energy.

That same wrecking ball sees its kinetic energy converted to potential energy when it stops. When it is simply hanging vertically from a crane and not moving, it has the **potential** to do a lot of damage, but its energy is only **potentially** available. If it doesn't start moving, nothing happens. *This concept of potential energy, waiting to be harnessed, is a fascinating parallel to our own untapped potential.*

A demolition expert tasked with tearing down an old building with a wrecking ball won't get paid until the ball starts moving. His clients aren't paying for the wrecking ball's potential energy. They want to see results, and that means harnessing the ball's potential.

Potential energy can be found as stored energy that can potentially be converted into kinetic energy and impact its surroundings. Until an object with potential energy gets moving, nothing changes.

What Is Your Level of Potential Energy?

Potential in a person is the capacity to become or develop into something in the future. You may have been told as a child that you had a lot of potential. That's great. It means you have qualities or abilities that can be developed or harnessed to produce an outcome in the future.

The pesky problem with potential is the future designation. The most talented person in the world has great potential. Their potential may predict future achievements, but not until that individual does something with their skills and abilities.

If you feel unfulfilled, as if you are going through the motions and not realizing anything meaningful each day, that's a sign you may not be harnessing the potential trapped inside of you. Unharnessed potential is sometimes a product of a fear of failure. Here are three more indicators that you are stuck in a potential state.

1. Limiting Self-Talk

Do you talk yourself down? Negative internal conversations driven by self-doubt, limiting beliefs, and "what if" thinking can keep you stuck in a paralyzing loop of inactivity. You may want to act on your potential, but your inner critic tells you nothing good will come of it.

2. Playing the Comparison Game

Comparing yourself to others can often blind you to your own abilities. You predict failure because you feel you don't measure up to others. Stay true to your aspirations and believe in yourself. Playing the comparison game is a no-win situation that can prevent you from channeling your potential.

3. Procrastination Is a Constant Companion

Procrastination is a common aspect of human nature. We all put things off from time to time. We do this because we are tired, facing a mundane task, or for other reasons.

People who procrastinate regularly stay stuck in planning or thinking modes. They might not have prioritized what's important to them. They fail to act on their potential because they haven't clarified their values or aligned their actions with them. They consistently put off taking action, often because they don't see the value or importance in an activity.



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