



Activating hidden potential permits fuller expression of the essence of who we are. Many live without realizing their hidden potentials. Authentic self-expression resulting from this activation brings significant meaning into our lives. But how, you might ask, does one go from “good” to “great?”

All of us are much more than we ever imagined ourselves to be. The process of going from “good” to “great” begins with an acknowledgment that you possess additional potentials of which you are currently unaware. Why should you believe that you have hidden potentials? Turning to the body as a teacher, we learn that a woman who did not know how to paint before becoming blind is now a blind artist. Two years after she began to lose her

sight, depressed and lethargic, Lisa Fittipaldi refused to leave her bed. Frustrated, her husband threw a child’s water color set to her and said, “Do something.” Interviewing her for my book *Cellular Wisdom*, Lisa told me of her first painting of three transparent jars. When asked how she could possibly paint as a blind person, Lisa informed me that calculus was always a strength — something she could do in her head. Lisa uses calculus to paint.

Acknowledging hidden potentials within you, the next step requires that you “desire” to access those potentials. When Lisa learned that oil painting was more difficult than water color, she began painting with oils. When asked why, Lisa told me it was because people told her it was hard. She wanted to access her hidden potentials. Desire opens the door to the possibility of activating those potentials.

Maintaining alertness to the environment coupled with a desire to activate hidden potentials inevitably generates synchronicity. Why is this combination so potent?

The world we live in contains much more

## Going from “Good” to “Great!”



*Olé*  
watercolor by Lisa Fittipaldi

than we observe at any one moment in time. The filters through which we see the world determines what we experience. By acknowledging that there is another way we open to the possibility of allowing more of reality into our consciousness. The broader perspective emerges in response to our desire to find the bigger picture. Scanning the environment with this larger lens, we begin to see opportunities that we have never seen before. Once Lisa decided there was another way to live with her blindness, besides depression and lethargy, she desired something more. This allowed her to access her hidden potential, to use calculus in an extraordinarily different context.

What do you desire in your life? Do you want to meet the challenge of a deteriorating relationship with your wife or husband, children, friends, business associates, in a very new way? Do you want to contribute to the world in a significant way? Are you afraid to acknowledge your desire because it sounds grandiose? Possibly it sounds grandiose only because you are not yet familiar with the hidden talents that would allow you to do this. Acknowledge your hidden potential, desire to activate it, be alert to the environment and act on opportunity!

*Joan C King, PhD is a professional and personal coach, consultant and workshop leader, with 25 years as an educator, scientist and administrator in universities and academic-based organizations. She is a certified Success Unlimited Network Coach and the founder and principal of Beyond Success, [www.beyond-success.com](http://www.beyond-success.com). Her book *Cellular Wisdom* is now in bookstores!*



*Lisa Fittipaldi cannot see color, distance, dimension, or print. However, she paints watercolor vignettes of people’s lives. Lisa started*

*painting in 1995 after being told that her recent blindness would be permanent. Her book *A Bruch with Darkness* tells Lisa’s story of losing her vision and learning how to paint. For more info see [www.lisafittipaldi.com](http://www.lisafittipaldi.com).*



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In  
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Beyond Success LLC

[joanking@beyond-success.com](mailto:joanking@beyond-success.com)