

# LIFE WITHOUT LIMITS™ SUCCESS SERIES December 2007

**Merry Christmas & Happy New Year from Andrea Richards Scott, The Dynamic Action Coach™**



Wishing you happiness, prosperity and joy! Thank you for supporting ARS Professional Development. I look forward to continuing to support you in the coming year.

God's blessings to you and your family,

Andrea Scott, The Dynamic Action Coach™  
ARS Professional Development

## Life without Limits

I recently got the following questions from one of our subscribers:

1. What is life without limits?
2. What are the hindrances?
3. What are the ways out of these hindrances?

**...Life Without Limits is a positive mind-set -- where you can go after your dreams, pursue your purpose and attain your goals without letting anything hold you back.** Life is filled with so many obstacles - whether it is a bad childhood, current obligations, pressures and stress or just negative thinking. Without a concerted effort to break free from the chains that bind you, you will be stuck in a rut. Let me be more specific...

**...The main hindrance to a life without limits is...you.** Yes, believe it or not, if you are like most people, you are the culprits. It is not because someone will not hire or promote you. It is not because someone else is standing in your way. If you are not living the life you want to live, it's because of self-imposed limitations. These limitations are built on a solid foundation of fear, negative, thinking, self-defeating speech and lack of action. Your fears paralyze you and prevent you from going after your dreams. You are further limited by what you think you are capable of doing - or not doing. You compound these limitations by speaking negatively about your situation. Finally, you seal your fate through lack of action or action in the wrong area.

**...You can break free from these hindrances by making a decision to**

**change.** I know that change is scary but without it, you will not -- cannot achieve your dreams. Even if you are pleased with where you are today, there are always opportunities for growth and improvement. If you change your habits, you will change your life. Figure out what is important to you. Determine if your goals line up with your values. Eliminate distractions. Change your habits. Get a coach or accountability partner to help keep you honest and then go for it! 2008 is quickly approaching; why not commit to change now. **You have everything inside of you to live a life without limits.**

Thank you so much for your question and I'd like to encourage everyone to ask a question on my website. Who knows, your question may be featured in one of our up coming issues. Email me at: [Coach@AndreaRichardsScott.com](mailto:Coach@AndreaRichardsScott.com)

### Words of Wisdom...

**"I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph"**  
-Shirley Temple