

## **Unlocking your Hidden Potentials**

**Abdulbasith Sijuade Akinyemi-Eshilokun**

What are potentials?

While some define potentials as inherent abilities, abilities by default, latent powers woven in the fabrics of every individual, and so on, it is essential to know that potential has varying definitions to different people.

No matter how we intend to define it, Potential must refer to our hidden talents, untapped strengths, unused success and dormant abilities. It does not describe what you have done but what you can do. It also does not describe what things are with you but what they could be.

Every human is blessed with potentials, but it lies within, whether we want to let them die within us or we want to bless the world and ourselves with it. In blessing the world, we bless ourselves.<sup>1</sup>

Go beyond your success!

People often assume that they have exhausted their own limits when they achieve small feats. While it is good and recommended to celebrate your successes, it is however better to tapped into your unused strengths to do something greater.

### **Where is the wealthiest spot on the planet?**

The wealthiest spot is not far from any of us. Look close to you. That local cemetery where lies the remains of several people. It houses a mass of wealth in wasted potential. There you will find many songs, left unsung, books left unwritten, superstars unmade, ideas that never became reality, paintings that never filled a canvas, hypothesis that never progressed to research etc. Can you imagine?

Let's awaken to the fact that we all have potentials and if we do not tap into them, they will end in the local cemetery adding up to the pile up of potentials left to waste. We dare not allow that right?

### **How do we identify our potentials?**

1. Ask personal questions: It is essential for everyone to look deeply within themselves, ask critical questions that initiate thought. Questions like:

- what do I feel most comfortable doing?
- what keeps me in high spirit?
- How do I define my comfort zone?

2. Master your talents and abilities: Answers to personal questions will lead you to identify your abilities and talents. Don't just identify, make the most of them! Build a passion around your talent, build knowledge and master it to the best of your ability.<sup>2</sup>

3. Listen to people: If you can't find answers to questions relating to your abilities, it is better you listen to what people say about you. People often identify our strengths even when we don't pay attention. Your friend, close relative, neighbor's colleagues may not be wrong if they have similar opinion about you. Don't ignore them as they may pave an avenue for the right thoughts to brew.

4. Build confidence: Having said that, everyone needs to be confident in themselves and have a good self-esteem to unlock their potential. Do you know that your success may be lying in that next step you are capable of taking but have not taken? Don't wait any longer. Build confidence and go all out for it. One of the best ways to build self-confidence is by surrounding yourself with the right people. Everyone needs to surround themselves with people who always believe that more can be achieved. Such people will serve as the propellers to project you to that unexplored position.

#### STORY TIME!

The Author's: As a young boy, I used to be very inquisitive. Nothing passes without my wanting to know the nitty gritty. Many people used to see me as a potential lawyer because of this. I had other interest which I tapped into, for instance, I was so passionate about wellness. I always wanted to know why people got sick and what could be done to help them.

So, I followed up with my discovered potentials and I picked a study of Microbiology and alongside was involved in advocacy and public speaking. The advocacy angle sharpened my negotiation skills and today these two skills has taken me places. Many who know me today do not know me in relations to the office where I work but for the potentials which I have developed.

Opeyemi's story: I didn't know I could lead people or speak on their behalf until I was sent to a small station where it seemed they had abandoned some staff. I spoke up on their behalf and their welfare and other matters were addressed. Since then, I have been presenting cases of staff to management and fighting on their behalf. Opeyemi is based in Ibadan and is a partner with Strategy for Innovation and Development Initiative.

## **Next Steps**

Have a mentor

To grow your potentials, it is also good to look for someone who is more experienced and ready to guide you. To walk farther you need a guide. A mentor may help u identify some untapped talents and push you to utilizing them

Let's get more aware today the world needs to potentials to make it a better place. Letting it slide into the cemetery is never an option.

Do something today, unlock your potential.

## ***References***

1. Myles Munroe 1991, 10 ways to unbind your potential. Published in Charisma Magazine, October 1991 edition.
2. Arvin Faustino 2017, Unlocking your potential: 3 keys to harnessing your hidden aptitudes; [www.goalcast.com](http://www.goalcast.com)