MINDSET & SUCCESS

No Limits

by John C. Maxwell

Your ability can grow much bigger than you think. Maxwell gives a formula for taking the cap off your capacity.

BEST POINTS FROM THE BOOK

01 **Capacity is not fixed. It grows by a formula: Awareness + Ability + Choices = Capacity.**

Maxwell calls this the Capacity Challenge. Grow in any one of the three and your ceiling rises - most people use far less capacity than they have.

02 **Most caps on your capacity are self-imposed - and awareness removes them.**

Awareness is the controlling factor. Build on your strengths instead of dwelling on weaknesses, and throw your cap over the wall so you have to climb past your old limits.

03 **Energy capacity: manage your energy, not your time.**

Everyone gets the same hours, but your energy supply can be increased. Rest, exercise, and focus let you push on physically when others quit.

04 **Emotional capacity: handle your emotions before they handle you.**

Emotionally strong people do not let others or circumstances dictate their feelings. They learn from mistakes and treat struggles as training, not defeat.

05 **Thinking capacity: how you think matters more than how smart you are.**

Maxwell compares average thinkers to ice cubes and great thinkers to icebergs - depth wins. Keep a system for capturing ideas and spend time with people who stretch your thinking.

06 **People capacity: grow by helping others succeed, not by using them.**

Strong relationship-builders value people, pay attention to them, and help friends and colleagues reach their goals. Relationships multiply what you can do.

07 **Creative capacity: there is always another option.**

Creativity is your ability to see options and find answers. Share an idea with the right people and their perspectives expand it beyond your own frame.

08 Production capacity: be a futurist, not a historian.

Productive people learn from the past and work in the present to make tomorrow better than today. Results - not activity or intentions - are the measure.

09 Leadership capacity: lift others instead of just directing them.

Great leaders ask questions and help people find their own path instead of handing out pat answers. Your ceiling rises as you raise others.

10 Your choices raise your capacity more than your talents do.

Talents vary, but choices are yours: responsibility, character, discipline, intentionality, attitude, risk. Maxwell puts responsibility first - take charge of your life instead of blaming others.

11 Abundance capacity: choose to believe there is more than enough.

An abundance mindset thinks hopefully and trusts others: yesterday was good, today is better, tomorrow will be the best. Scarcity thinking caps generosity, risk, and growth.

12 Growth capacity: ask how far you can go, not how far you have come.

Growth is the choice to focus forward. And partnering with others multiplies every other choice - together you cover each other's weaknesses.

THE BOOK, IN SHORT

John C. Maxwell argues that most people live far below what they could do because they treat capacity as if it were a natural law of limitation. His promise: your limits are not really your limits. In No Limits: Blow the CAP Off Your Capacity, he builds everything on one formula - Awareness + Ability + Choices = Capacity - and invites readers to take what he calls the Capacity Challenge.

Awareness comes first, and Maxwell calls it the controlling factor. Many caps are not real limits - they are habits of thought, fear, or old labels. He illustrates commitment with the image of throwing your cap over a wall, forcing yourself to find a way over it, and he urges readers to build on their strengths rather than dwell on their weaknesses. His proof case is Nick Vujicic, born without arms or legs, who was rejected by 52 organizations before landing his first paid speech - and went on to inspire millions.

Next are seven abilities every person already possesses, one chapter each: energy capacity (your ability to push on physically), emotional capacity (manage your emotions), thinking capacity (think effectively), people capacity (build relationships), creative capacity (see options and find answers), production capacity (accomplish results), and leadership capacity (lift and lead others). Each one can be trained and grown.

The largest part of the book covers ten choices: responsibility, character, abundance, discipline, intentionality, attitude, risk, spiritual strength, growth, and partnership. Maxwell's point: talent sets a

starting point, but daily choices decide how much of your capacity you actually reach. Increased capacity comes from making the right choices - change the choices and the cap comes off.

DO THIS WEEK

This week, rate yourself honestly on Maxwell's 17 capacities: the seven abilities (energy, emotional, thinking, people, creative, production, leadership) and the ten choices (responsibility, character, abundance, discipline, intentionality, attitude, risk, spiritual, growth, partnership). Pick your lowest one and take one small action on it daily - for example, if energy is lowest, protect a full night's sleep five nights in a row.

By John C. Maxwell, first published 2017 (Center Street). Full title: No Limits: Blow the CAP Off Your Capacity. Read it if you feel capped at your current level and want a chapter-by-chapter way to grow your potential across 17 areas of life.