

*THE*  
*3 KEY STEPS*  
*TO*  
**LIVING**  
*WITHOUT*  
**LIMITS**

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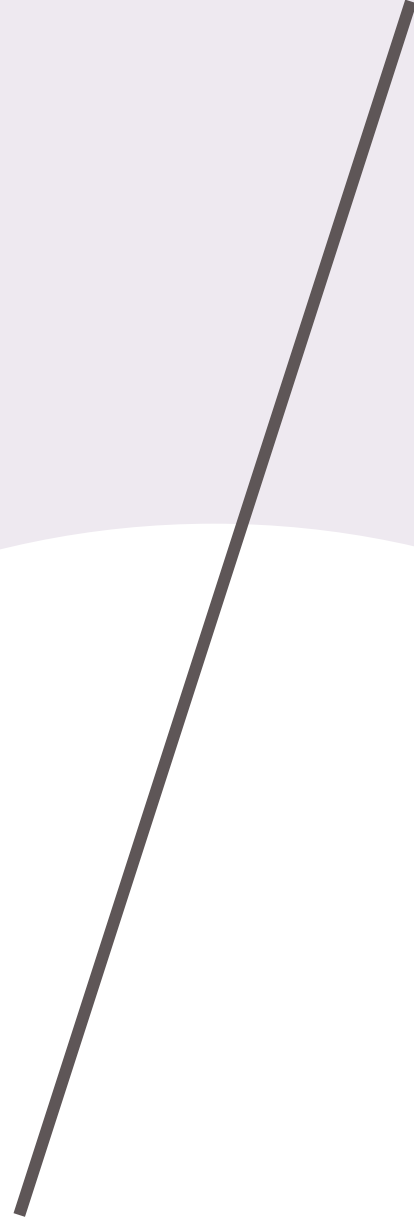


Feeling limited by your circumstances can be debilitating. It can be hard to move past your circumstances and in the direction of the life you desire. Today, I am here to tell you, **Your limitations do not need to be a life sentence.**

What limits you does not need to bear so much weight that it holds you back from achieving your goals. In this guide you will learn the three key steps to living without limits so that your life choices can begin to move you in the direction of your dreams.



01



K E E P I T  
R E A L

01

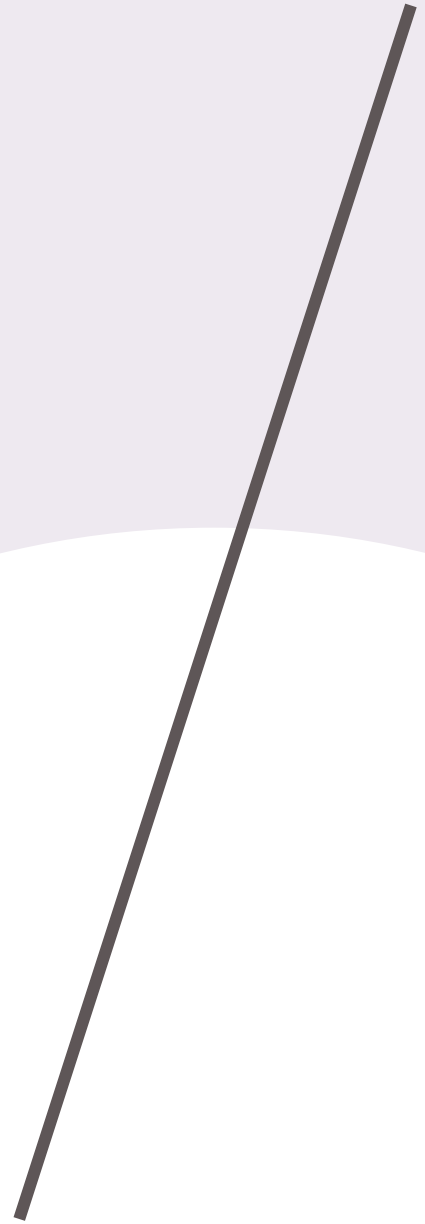


There is a significant difference between ignoring your limitations and not letting them hold you back. **Keep it real.** Acknowledging the reality of your circumstances will allow you to gain awareness of the space they fill in your life. In this process it is important to be realistic about your limitations without underestimating your potential.

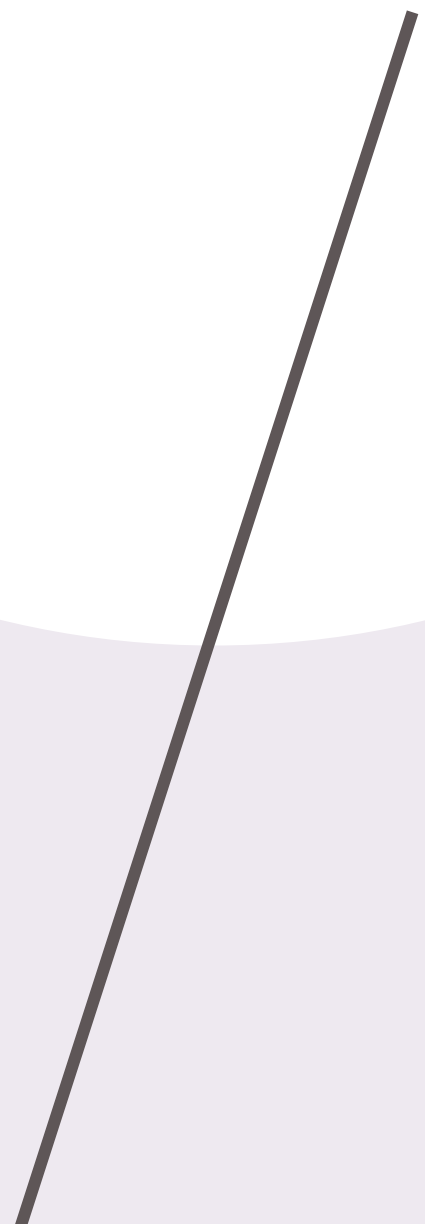
How do you feel your limitations do, and more importantly, do not impact your opportunities? Do your limitations create possibilities you may not otherwise have?

By taking inventory of what is and is not working for you within your circumstances, you will be able to identify roadblocks and opportunities along your path to success.

02



KNOW YOUR  
ROAD

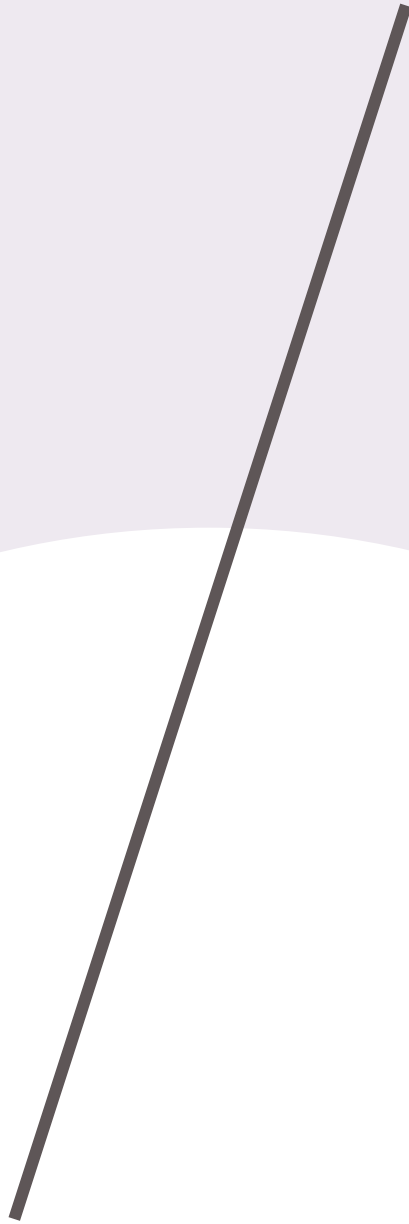


02

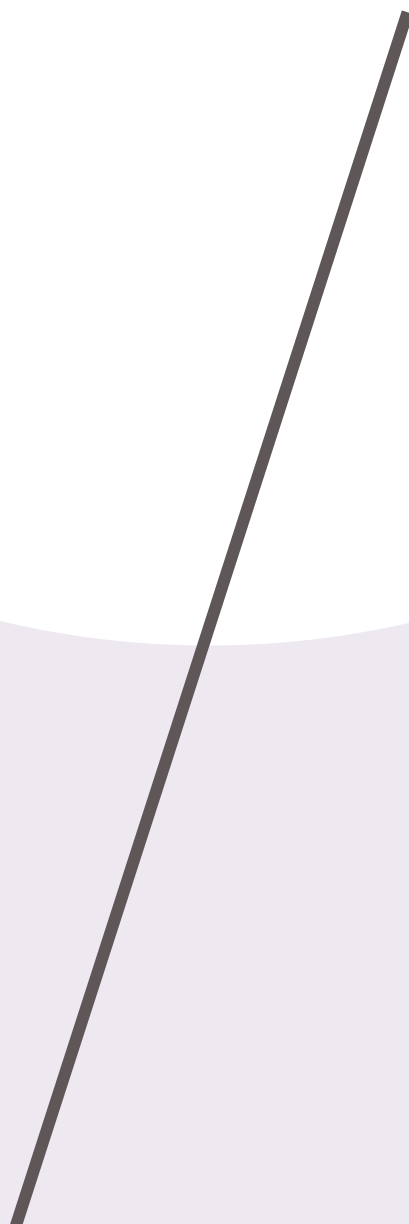
One of my favorite poems is, "The Road Less Traveled" by Robert Frost. In it, he says, "Two roads diverged in a wood and I - I took the one less traveled by, and that made all the difference." Once you **know your road**, the next step is accepting that your personal limitations make your life's journey unique. It can be difficult to walk a path we have not bared witness to before. Embrace the road life has given you and take charge of what you can control. You are in the driver's seat and capable of making the choice of where to turn. Limitations may narrow your path at times. However, that does not mean you cannot achieve your goals. It simply means that you may be taking a detour to get there. Your road may be less traveled, but it will still get you where you're going.



03



KEEP  
MOVING



03

Once you have committed to the path toward your goals, by all means, **keep moving** forward. Your limitations may or may not change over time. Despite your current state or what could come to be, your motivation is key. Your motivation, in and of itself is the driving force that will keep you moving towards success. Believing in the power you possess to achieve your goals will undoubtedly bring them within your reach. Regardless of your circumstances, you can persevere in the face of adversity.

It is ok to slow down, push pause or make adjustments as needed. As long as you do so with the knowledge that you will continue to strive for success. Optimism and determination will propel you toward the life you seek.

With the right steps in place you can **live without limits.**

### **Step #1 - Keep it Real**

Acknowledge the reality of your situation and identify both what you have and need to reach your goals.

### **Step #2 - Know your Road**

Remember that the road less traveled still leads to success. Be adaptable as you reach uncharted territory and enjoy the journey.

### **Step #3 - Keep Moving**

Regardless of your circumstances, your motivation will keep you moving toward your goals. Through optimism and determination you can lead an enriched and fulfilled life.



Are you ready to take the first steps towards **Living without Limits?**

With the help of coaching, you don't have to do it alone.



My coaching program is geared towards individuals who feel limited, stigmatized and are struggling to not let their circumstances dictate their future.

Together we will co-create your path to success. We will ensure that you have all the tools, strategies and support you need to achieve your goals. And, I will share in your excitement and applaud each victory along the way.

***Schedule your FREE  
coaching session today:***

[www.lizvenendaal.com](http://www.lizvenendaal.com)

## LIZ VENENDAAL, CPC



Liz Venendaal lives on Long Island, NY with her husband and three beautiful children. She is a published author and professional coach offering her effective program nation-wide. Liz has been featured by: HBO, NPR, The Mighty and The Cerebral Palsy Foundation.