



# Kinetic Life: Unleash Your Potential

*Melerick H. Mitchell*

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## **Kinetic Life: Unleash Your Potential** Melerick H. Mitchell

In Kinetic Life, Melerick Mitchell guides you through the seven essential steps to unleashing your potential. Written as a parable, Kinetic Life leads you to a life that is bursting with passion, purpose and direction. Each chapter ushers you through the steps and actions required to conquer your own personal rollercoaster, and achieve your audacious goals and dreams.

The Kinetic Life story has been written from both a mentee and mentor perspective to help everyone who has an interest in growing their own skills, and developing future leaders.

**Mentee** – Those who are in search or pursuit of a specific goal or dream. Mel encourages you to engage the book by taking notes and completing the homework posted at the end of each chapter. By doing the homework along with the characters in the story, you will reap the benefits by creating a life plan to conquer your audacious goals and achieve your dreams.

**Mentors** – Those who invest their time to develop the next generation of leaders. Mel believes we all have the power to change the world and it is our responsibility to do so. A proven method for implementing positive change is by mentoring. Good mentoring relationships have the ability to bless both the mentee and mentor. Mentors are encouraged to use Kinetic Life as a guide to help mentees achieve their goals in life.

You are first introduced to Alexis, a struggling college graduate who is having difficulty discovering her place in the world. Her potential is unleashed when Will, a successful business executive, agrees to become her mentor. In this fast-paced story, Will takes Alexis on a systematic journey of self-discovery to align her passion, purpose and goals to conquer the rollercoaster ... called LIFE.

Following this introduction, the book is divided into four parts. Each part offers specific questions and guidance to unleash your potential.

**Part I (Heart)** – Focuses on raising your potential by utilizing the elements of your heart, which are passion, purpose, and audacity. You will follow along with Alexis, and create a foundational roadmap that is required to achieve audacious goals and dreams.

**Part II (Head)** – Concentrates on accelerating potential by leveraging your focus and thoughts so that you can identify the knowledge, network and level of influence required to take action.

**Part III (Body)** – Guides you to transition from your potential state to being Kinetic so that you can transition towards your desired reality.

**Part IV (Staying Kinetic)** – Outlines how to maintain and leverage the momentum you have created. You will be equipped to overcome the challenges, roadblocks, and detours that you will encounter on the journey.

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