I’ve spent a dozen years visiting over 100 countries on 7 continents, doing just about anything and everything you can imagine, and meeting thousands of people.

What I’ve done can fill several bestselling books!

But how did I get here, and what have I learned?

Many boundaries stood the way to my biggest goals, as they do for all of us.

What are they, and how do you break through them?

Along my journeys, have I picked up any insights we can use in our daily professional and personal lives?
The Boundary that convinces us that our family or cultural backgrounds, lack of training or education, and not knowing the right people puts big goals beyond our reach.

Many inspiring people have shown us that where we come from does not determine where we go. Only where we start from.
Growing up in South Africa during the fall of Apartheid helped me internalize that change is not something to be feared or resisted.

Dramatic change brings with it dramatically positively consequences.

But change is often met with great organizational and personal resistance. It’s too easy to stick to the status quo.
Sticking to the status quo in a changing world is a one way ticket down.
Adaption is key to survival.
It is essential to think long term, and recognize potential.
But everything can seem so complicated, difficult, and best left to someone else.
The INTIMIDATION Boundary

Intimidation of the unknown stops us in our tracks before we try and break through it. As if something is going to rise up and swallow us if we even try. It is difficult to recognize opportunities if you don’t know what is going on. How do we break through?
Sorry, it’s *curiosity*.

Curiosity dismantles intimidation.

Websites, podcasts, blogs, Youtube channels, forums…. we have more access to more information and knowledge than at any other era in history. Mine your curiosity. Go down the rabbit-hole.
Many great ideas explode.
Sometimes, life simply does not want to be grabbed by the horns. The word failure does a disservice to our hard work, and the role of luck and timing. NASA calls it “early attempts at success.”

Don’t hit the wall.
Don’t wallow in the “if onlys” and the “what ifs.”
The couriers in Hong Kong ride bikes that don’t have brakes.

They know that nobody gets stuck or crashes so long as you:

**Always Keep Moving**

Make a decision.
Let it carry you forward.
One step at a time.
The INTENTION Boundary

Why do we do what we do? Why do we want what we want?

There has to be something more than just chasing money.

There must be a sincere desire to benefit the lives of your colleagues and clients, to be authentic to yourself, to serve your personal and professional community.

Because making a positive difference for them makes a positive difference for you.
When the right intention isn’t there, it shows.

We become jaded, negative, tired, bitter, and can end up looking rather silly.

Ask yourself “Why?” before taking on any new project.
The Simple Key to Happiness

Find:
Something to do
Someone to love
Something to look forward to
Success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself.

- Viktor Frankl
No matter what you’re pitching, it’s emotionally draining to run up against rejection. How do you break through?

**Always Show Up**, focused and present

**Be Confident.** Own your worth.

**Persevere**…just one more time.

**Excellence:** Do the very best you can do, because that’s all you can do.
The LUCK Boundary

“The harder I practice, the luckier I get.”

Gary Player

Some days we get lucky. But luck doesn’t just happen.

Luck is like Respect.

It has to be Earned.
Some days we get lucky. But luck doesn’t just happen. Luck is like The HELP Boundary.

Asking for help is not a sign of weakness, but strength.

The World Belongs to Those Who Ask
Lessons I’ve learned from Life’s Greatest Classroom
Wherever you are is where you’re supposed to be.

Focus on the grass you’re standing on.
Believe in your decisions.
Things happen for a reason.
The People You Meet Create the Paradise You Find.

Surround yourself with good people. They will shape your experiences in more ways than you can imagine.

Don’t let negative people dictate your day.
Don’t Sweat the Small Stuff.

Small amounts of meaningless stress compound into something far more dangerous.
Trust your Instinct.

When something happens, we often blame ourselves.

Our instinct knows.
Listen to it.
Don’t Panic.

Calmness leads to better decision-making.

Even when you’re stressed out and exhausted, remember to breathe, force a smile, and not overreact.
We are all icebergs.
It’s easy to see success as the tip, but 90% is underwater.
How to Break Your Boundaries:

Embrace **Change**
Recognize **Potential**
Stoke **Curiosity**
Question **Intentions**
Persist over **Rejection**
Maintain **Momentum**
Ask **Questions**
Prepare for Opportunities
Earn Your **Luck**
It’s too easy to get overwhelmed. Each step forward can seem uncertain. Remember...

you are so much more than who you think you are.
Discover the world.
Share the inspiration.

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Thank you!