



a monthly newsletter from Carol McKay, Life Coach  
Helping people create happier, more passionate lives!

## Do What You Don't Think You Can

Forgive my bad grammar in the title. It's awful, I know. But, the idea is right on.

How many times in a week do you find yourself thinking "I can't do that"? It happens to me, and to most people, regularly. I can't, I can't.

Think of all the things you hear yourself say you can't do. Here are a few of mine from just the last few days:

- I can't figure out this computer problem
- I can't drive on that freeway
- I can't find the time to do all the things on my schedule
- I can't move that big box
- I can't pick out a good watermelon

Blah, blah, blah. On and on and on I go with the can'ts.

But, here's the funny thing. Every one of the things on the list, every thing I told myself I couldn't do, I did. I learned. I listened. I thought. I investigated. I asked for ideas. I googled. Sometimes I had to get huffy and frustrated first, I had to stomp and throw my arms in the air.

But, I got there, eventually. And I did what I didn't think I could.

Because, really, "can't" is just a story. A belief. Something you've told yourself over and over so many times now that you accept it as "truth". And, once a story gets told enough, it appears there is no other ending.

It's tragic that so many people stop there, and don't allow themselves to visualize anything beyond the "limits" of the story. Imagine what people could do if they didn't have can't.

## PLAYTIME

What would happen if you were to challenge yourself every time you told yourself a can't? What if, you plucked that can't right out of the sentence, like a weed being plucked from your garden? What if you just pulled the can't out, and in its place planted a can?

Or, if that's too big, perhaps you could plant a %probably can+. That might be easier.

Here's the thing . if you just allow yourself to entertain the idea that you CAN do something, your mind will start the process of looking for ways to make it happen. You'll listen. You'll learn. You'll ask for ideas. You'll google. And, eventually, you'll be able to see that you absolutely can!

*"Whether you think you can or you think you can't - you're right."*

*- Henry Ford*