

## Can't

I can't do it.

I can't because:

I am afraid.

I might fail.

I am afraid I will lose the respect of my friends.

I am not good enough.

I am too fat.

I don't know how to do it.

I do not have the skill.

I am not fast enough.

I am not good looking.

I think it is too hard.

I have never done it.

I am not smart enough.

I think it is too much.

I do not think I can do it.

I do not have the confidence to do it.

I am afraid I will get hurt.

I might look bad.

I am too old.

I am too young.

Now we have many of the reasons we can't. We have all used a variety of them. Know the list is an excuse. We can. Now, let's find the way we can accomplish the goal.

Can't is a self imposed limitation. Can't is only a state of mind.

We have no limitations. Being limited is a function of our imagination. We did not come into the world as limited beings.

We start as limitless beings. Then, as we grow, we learn and are told of our limitations. Soon, we begin to believe them and live them as true. We are told we can't or we give a half hearted try, fail, and believe from that point forward we can't do it.

If we can imagine ourselves as limited, we can also imagine ourselves as limitless. We all know people who act and feel limitless, and we usually respect and admire them. They are the ones who do all the things we wish we could do. The irony is that we can also. Deep down we know it.

The difference is in belief. The difference is in the doing. Yes, the doing can take learning, and it can take a lot of practice. Some things may take years and others a lifetime to accomplish. What matters is the belief and then the doing. First is the belief. Second is doing the things to acquire the skills and physical attributes as needed to do the chosen activity. Third is practice. Practice is not failure but the steps necessary to accomplishment. Knowing and believing we can do it allows us to proceed step by step to do it.

What do you want to do that you believe you can't do? Can someone else do it? If so, why not you? Know and believe you can. Take the steps as needed. Yes, the doing requires commitment and work. Practice until it is. Then, in doing it, you will confirm what you already knew. You can.