Believe You Can Do It!

"Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning." - Mahatma Gandhi

Ever been on a school camp where everyone formed a line to cross along a log, over a creek?

It’s your turn and you confidently step out onto the log, you make it half way & now you know you’ll make it all the way across.
Then, someone from the back starts calling, “Fall, fall, fall, fall!” Next thing you know you’re wobbling all over the place, the focus and confidence is gone.

Into the drink you go!

There are many times over when we do this to ourselves. We begin on a certain path, clear and confident, then the gremlins begin their chattering.

Something goes not quite as planned, or something goes awry and next thing you know, you begin to wobble, or worse, you stop.

“If you think you can do a thing or think you can’t do a thing, you’re right.” -Henry Ford

I know you can relate to Roger Bannister and the 4-minute mile story, as well as all the land speed records broken.

We’ve all been there, when we have gone beyond what we believed was possible. It is our memory of those times that encourages us to try again, with fresh challenges.

We’re always “climbing mountains” simply “because they’re there”!
Knowing something and believing something, are different animals.

When we take on challenges, beyond where we have been before and beyond what we know ourselves capable, then we are asking ourselves to be as though “we know” even though it is only still a glimmer of belief, for the time being.

A bit like crossing that creek by walking a log. We believe we can do it, yet we’re not in a place of certain knowing about it.

We grow our capabilities by stretching ourselves and stepping into new personal challenges.

Our personal growth is found in how we manage the circumstances that show up on the path.

It is not always easy to go it alone.

During the flat times, when we find ourselves battling our own lack of personal belief, we need friends around us who will remind us of or original plans and the reasons that we’re going after them.
We need a circle of friends who will shout, “Yes, you can do it!”, when everything around you, and inside of you, seems to scream, “Fall, fall, fall, fall!”

The way you view yourself and your capabilities were developed over years of conditioning and hanging around in particular environments.

To cause change, search out environments that are supportive of the changes you seek and choose input (reading, self talk, conversations, audios, etc.) that aligns with the direction you want to go.

Research is discovering a lot more about the elasticity of the brain and the formation of new neural pathways.

We change, each time we change an opinion about ourselves and receive feedback validating its truth, by gathering tangible evidence of successes (even the small ones).

We can choose to hear the calls of, “Fall, fall, fall, fall!”

We can choose to hear our internal chatter about the times we failed and the seeming impossibility of a goal.
Yet, we can also choose to step into a place of personal power, moment by moment. We can keep stepping forward into the headwinds and play full out for success.

Read this article & watch the video at…

www.lifepowertip.com/believeyoucan.html

…where you can also collect a PDF download and view an inspiring image of the quote.