

I CAN

'I can't' blocks and prevents your potential from ever being fulfilled. The more you indulge in the illusion of 'I can't', the more the mirage called impossibility becomes your reality.

Every time you say 'I can' you erase the negative messages accumulated from your past and a new, positive reality comes into view. If you learn to speak the language of 'I can' you will discover your real purpose and direction. Every time 'I can't' or its equivalent comes to mind, replace it with 'I can'.

Try saying to yourself now 'I can...'

I can be peaceful, happy and content.

I can be free of the limitations of my past.

I can live beyond the shackles of inadequacy and fear.

I can achieve anything I put my mind to.

I can be a more balanced and complete human being.

I can let go of frustration and anger.

I can be free of my pain and sadness.

I can face and overcome those things that stand in my way.

I can make time to be still and relax.

I can forgive myself for my mistakes.

I can live a life that is more positive, creative and inspired.

I can enjoy the fruits of a successful life.

I can forgive those who have trespassed against me.

I can be at peace with myself and the world.

Create for yourself a whole set of 'I cans' that respond directly to the 'I can'ts' that cast their shadow of doubt and pessimism on your goals and aspirations. For example, if you are low in confidence and assertiveness and feel unable to change that position; make your mantra

'I can be confident and assertive'. And every time 'I can't' rears its ugly head to remind you of your past record of failure, simply respond with 'I can be confident, 'I can be assertive', or any other phrases that remind you that you can move on from the powerful grip of the past.

The negative traits and patterns that you have acquired can be changed but in order to do this it is important to practise saying 'I can, even at the times when your subconscious mind is not throwing up doubts, fears and reminders of previous failures. The more you establish a culture of 'I can', at those times when you are not under attack, the easier you will find it to rise above the undermining influence of 'I can't' when it seeks to challenge your endeavours to move forward.

So, start today by changing your vocabulary to 'I can'.

I can overcome all my fears and doubts.

I can create a new life for myself.

I can move forward and be free of the past.

I can and will fulfil my potential.

I can be the best me I can be.

I can ... I can ... I can ...