

# YES, YES I CAN

Yes, yes you can, as long as you think you can.

I can't.

I'm afraid?

What will people think if I fail?

I'm not good enough.

I'm not smart enough.

I'm too old.

I'm not strong enough.

It's your belief that determines what you can do and what you can't do. You know and you live and act to that belief.

Being alive is a gift; and it's a gift to be lived, used, and enjoyed. That means to go, do, and be. To expand. To risk. To accomplish. To try. To explore. To engage. To participate. Your life is not a dress rehearsal, it's the real thing, right now, today, this minute.

Today, right now, is the time to start, to believe in yourself. To know that with learning, practice, and focus you can do that which you set your mind to. Sure, you have to do the work, you have to practice, and the first time will be the worst. It will also be the current best.

Always answer, "yes, yes I can" to that which you'd like to do and accomplish. Say yes to the challenges and the opportunities if they are right for you. If they are not right, they do not feed your soul, then say NO. Say NO and leave room, time and space for those things that do feed your soul, that you do want to learn to do, and that you will say YES to.

Say YES and believe it, knowing that with practice and focus you can do it. Why? Because you can. You just have to pay the price in doing the work.

"Yes, Yes I can." is empowering, and makes your life an exciting adventure, a life worth living, a challenge to jump out of bed for in the morning.

If you are afraid, if you don't risk it, and if you don't make the effort, you will have failed. Failed to try, failed to make the effort, failed in your own mind. You'll have to live with the failure, the fear of trying. As we get older, we look back and evaluate our lives.

Don't look back, as most do, regretting things not done, things not tried, adventures not lived. We are here to live. We are here to do. We are here to learn.

Say YES, say it loudly, and feel the energy, the excitement, the anticipation of the new. The reward of accomplishment. The challenge. The opportunity.

Make a list of all the things you thought you couldn't do and all the things you have done in life. It'll surprise you.

Recently I had to give a eulogy, and it was the most difficult speech I have ever given. To me, I had to do it. The question was if I could do it. To me the answer was I had to do it, and I would do it, "yes, yes, I can." I did. I did it because I knew I had to do it and knew I could do it if I believed I could.

After the eulogy some friends came to me and said they could never have done that. Well, they could. I know they could. When it's important enough to you, you will do it. You will know you can.

Say "Yes, Yes I can." Engage. Start right now.