

Title:

From Can't To Can

Word Count:

1133

Summary:

My wife and I recently had an opportunity to make lemonade out of lemons. Our two regular, day

While relaxing in one of the warm pools, I had an interesting conversation with a man who had

Keywords:

Article Body:

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In this way a child grows up ^knowing~ that he or she can ski. They never have the awkwardness

The next morning, I took my daughter Ella for a walk in her new stroller. As we meandered along

Now here's the interesting part. Later on that same walk, I noticed her reach down casually ~

Just that one learning experience had shifted her entire perception. Instead of questioning her

Which brings me to now, to us, to you and me and to the attitudes and perceptions we bring to

We approach new projects, jobs, relationships, anything that has not previously been proven po

The interesting thing about these two attitudes is that there is no difference in the potentia

When you approach something with an ^I can't~ attitude more often than not, you match or meet

I know there have been many - more than I care to remember - times when I have turned away fro

I'd rather see us approach new things with the attitude of ^I can.~ With that perspective, wit

Can you think of opportunities that you have passed up because you were doubtful of your abili

For at least the next week I encourage you to be on the lookout for signs of your inner ^can't

In Buddhism there is a term called Beginner's Mind that encourages practitioners to bring an e

Take a moment, right now, to imagine how your life would be different if you approached it wit

How would that feel? How would that change the way you approach your life? If you knew that yo

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