

Believe in Yourself

The greatest strength you can have in your life is the power of positive thought.

Approach your life empowered with the belief that you are capable of succeeding - live with the empowering beliefs of **I-can-do** rather than the disempowering beliefs of **I-can't-do**.

As Henry Ford once said...

'Whether you believe you can or you can't, you're right'.

Your life can be positive or negative and it depends on you. You will be much happier with a positive attitude. People who believe in themselves can solve their problems. They don't even worry about most things that are problems to someone else. Positive, confident people approach problems with a calmness that is the result of knowing that they WILL solve that problem. Often, solving someone else's problem will solve your own.

Negative people approach problems with an anticipation of defeat which usually results in temperamental displays of frustration. The very expectation of failure is more likely to produce failure. Emotional displays of temperament often occur BEFORE they even give their brains a chance to gather information on the factors which confront them. In such a state of mind of course they are unlikely to solve any problem - their dominant BELIEF is that they CANNOT. In fact, people in this state of mind will usually make a problem worse before they fix it.

Don't over-react to situations. Calm, rational people will get out of tight spots and get through. Stay calm and assess your circumstances. See if you have to solve a series of smaller problems in order to solve the big problem. The problem may rest with another person and you may have to assist them to clear the way for your problem to be solved.

Don't ever think that your solution is suicide. Suicide leaves your loving family and friends to suffer and you deny yourself a full life that can enrich others and be fulfilled if you persevere. The problems that confront you today may be solved tomorrow by fate, other circumstances or by turning to family and friends for help. You can solve problems yourself if you BELIEVE you can. Remember that you should not expect too much too soon. Don't set impossible-to-achieve goals and then you won't feel as if you have failed. You have many years in which to achieve your goals. As Michael Jordan said in our last issue: 'TAKE ONE STEP AT A TIME'.

If you can't solve your problem – turn to family and friends and say 'I need help'.