

# WHAT'S NOT TO BELIEVE... you are already doing it!

**Have you ever stopped to think how incredible you are? If not, then please take a moment to do it now...Your brain is the most sophisticated computer ever created. Your body is capable of incredible feats of strength & endurance as well as fine & delicate movements. You are an emotional being and so can empathise, help and inspire others to greatness. I could go on and on and continue talking about you!**



Do you truly believe what you are capable of? I have found in my own life as well as the lives of many people, the reason why we never achieve close to our potential is because we just don't believe we can. We look at the top of the mountain and say it is too far away! We look at the weight we want to lose and say it is too much. We look at the book we want to write and say there are too many words. We look at the things we want and think it is too hard for us to achieve. We look back at our failed previous attempts or what someone has previously said to us and we tell ourselves we can't do it!

**I am here to tell you that you are already doing everything you need to do to be successful with whatever you desire!**

So what is success? It is simply the cumulative result of small steps taken consistently over time. How much time? As much as it takes to achieve the result you desire. You see the problem is not lack of ability, it is that most people never persist long enough to get the desired result.



How many times does a baby try to walk? Ten? Twenty? One hundred? At what point do the parents say "This kid just isn't going to get this, let's just give up and put him/her back in the pram forever"? The child will continue to try until when? Until they walk – they don't count the attempts because they only have one thing on their mind...walking!

**If you can do the small step then you can achieve the big success**

Sir Edmund Hilary and others climbed Mt Everest, could you? The answer is 'yes' because when you think of it, what is climbing a mountain – one step at a time! Can you write a sentence? Then you can write a book, because all the book is a whole heap of sentences put together. Do you want to lose weight? Do you believe you could lose 100g? Then you can lose 50kg! Do you want to be a better sales person? Can you make one phone call? Then you can make as many as you need to to hit the numbers you desire.

## How could you not believe in yourself?

You are **already doing** the steps now aren't you? Success is simply continuing to do them consistently until you get the result you want, irrespective of how long it takes. Just like Thomas Edison did and just like Colonel Sanders did. They didn't count the cost, they just focused on success and kept doing the small steps until they achieved it.



## You can do that to!

So, now take a second and ask yourself; "*can I do the small single step required to achieve the bigger picture?*". If you said 'yes' then nothing can stop you, unless you give up too soon. Here are four things to remember:

1. **Focus clearly** on the end result – what do you want?
2. Get **emotionally attached to the outcome** – why is it important to you?
3. Every day, take the simple steps that you **know you can do**
4. Just **keep going** until you are successful

**YOU ARE ALREADY A SUCCESS, YOU ARE ALREADY BRILLIANT AND NOW YOU ACTUALLY BELIEVE IT...**

**SO, GET OUT THERE AND MAKE IT HAPPEN!**

