

“Yes, I can!”

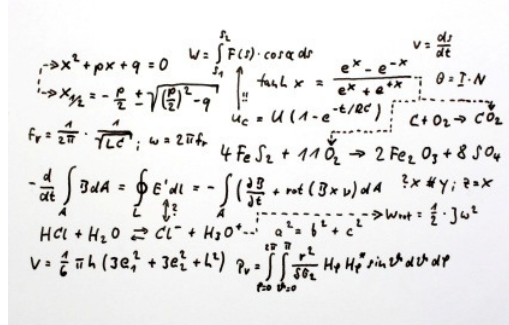


As I sit here thinking about what ‘words of wisdom’ I can share with you this week to hopefully make a difference in your life ... I am struggling. Why? Because I am not that wise!! In this day and age the world of ‘self-help’ and ‘personal development’ is exploding isn’t it? I mean there are books, CDs, DVDs, seminars, webinars, life coaches everywhere and people are making a fortune out of it. I don’t know about you, but it just confuses the #@^*# out of me! Surely it shouldn’t be that hard to be happy - at the end of the day that is what we want isn’t it?

Keeping it simple

We often just make it so hard for ourselves don’t we? Well, I do at times! I frequently complicate things by believing I need to know all the secrets, all the subtleties and all the far reaching principles of the universe.

There maybe some complex formula that can provide the answer to everlasting happiness, but I prefer the simple approach – what about you? In my experience the thing that has made the most incredible impact on my life is something so simple that it is hard to believe that it could. It is just three little words ...



Just three little words will change your life

Did you know that you talk to yourself 100% of the time, whether you are awake or asleep, whether you are aware of it or not? Did you also know that the words you say to yourself will 100% determine the direction of your life? Have you ever heard yourself say, “**No, I can’t ...**”? Whether it is about losing weight or getting fit, whether it be about going for a promotion at work or starting a business, whether it be about asking a girl out or writing a book or anything else – have you ever said it to yourself? What happened next? Obvious, you didn’t even try did you? You simply let that possibility for a better life just blow with the wind and out of the door of your life – never knowing, but always wondering what life would be like if ...

The problem with “no, I can’t” is that it switches off your mind to the possibility of that reality and so no further energy or attention is given to it consciously or subconsciously. Therefore there is no chance that it can happen for you. But what would happen if you said “yes, I can” instead?

“Yes, I can”



My challenge to you is to change your response to the things you would normally say “no, I can’t” to and just say “yes, I can”! You don’t even really have to believe it to start with, but by simply saying the words your subconscious mind will go into possibility thinking and start to come up with ways to actually get it done. Don’t ask me how this works, I just know it works!

I can remember the day I met my beautiful wife Laura. I was walking through the QV centre in Melbourne city and as I walked past a men’s fashion store I glanced in and was immediately struck by the gorgeous girl working there. I stopped and looked and thought *‘this girl needs to know me!’* The problem was that, as quite a naturally shy person, my immediate reaction was that she wouldn’t be interested in me. In other words **“No, I can’t have a girl like that”**. With that decision I resigned myself to the fact that we would never meet and I started to walk away.

As I was walking away, I had this nagging feeling in my gut. *‘I have been here before!’* I thought about the times in my past when I had been in similar position and said “no, I can’t” and I started to wonder what I had walked away from in my earlier life? **Not this time!** So, I stopped and said with absolute fear and a trembling voice, “yes, I can” and with that something changed - with those words I got courage. I didn’t know what I would say, I didn’t know how it would turn out – all I knew was that *‘I can’* and *‘I will’*. So with knees shaking, I walked in and nervously started to talk to her. The rest, as they say, is history! How grateful am I that I said ‘yes, I can’?



Forget everything else and just remember those three little words

I want to make this week’s article as profound, yet as simple as possible. It is my greatest hope that you will stop stressing about everything you think you should know, need to do and the person you need to become and just focus on three little words. And they are just little words, only 7 letters - but 7 letters that can change your life forever.

No matter what happens to you this week say “yes, I can”. No matter what is asked of you, what challenges you or what you want but have previously said “no, I can’t” to having – now is your time. You may be scared and you may have doubts, but just say **“yes, I can”** and believe me the answers will come to you and the path will open up to show you exactly how it will become a positive reality in your life.

Have an amazing “yes, I can” week

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