

The Power of Positive Thinking

An emu farmer once told me, "We succeeded in raising emus because no one told us we couldn't succeed".

"Whether you think you can, or you can't... you're right!" - quote by Henry Ford

What Henry Ford said suggests that how we think about life and business has a big impact on what we **get** in life and business. How often do you hear yourself say, "I can't"? Every time you say "I can't", you actually make it come true. When you say "I can't", your subconscious hears it as instructions about how things are. Your subconscious is very literal and it follows instructions perfectly. "I can't" becomes the instruction and the subconscious makes it come true.

On the other hand, if you say "I can", the subconscious makes that come true. The mechanism for all this is the filtering that your brain does so you can exist in time and space. At any given instant there are upwards of 20 million bits of information coming into your brain. Your consciousness, however can only process about 20 bits of it at a time. What you think you can or can't do, becomes the instructions to your subconscious about how to filter out the bits that won't get processed. So, if your instructions say you can't, all information, opportunities or possibilities to the contrary don't get to your thinking processes. You won't notice, won't understand, won't remember those bits that get filtered out. You just guaranteed that you can't!

We tell ourselves stories all the time. Those stories either create opportunities or limits for you. They are the thoughts that create the feelings we experience. Tell yourself a story about something unpleasant you expect and your feelings are about the unpleasant experience.

On the other hand, tell a story about greatness, good outcomes, your capability, the great result you want to see, and your filtering mechanism sets about bringing it about. Your filtering process actually creates what you meet in your world.

Don't allow "I can't" in your home or business. If you catch yourself saying "I can't", tell yourself to "Rewind" or "Not helpful." If you hear it from your co-workers or children, remind them that "I can't" doesn't get us good results.

Here are some sayings and quotes that focus on this idea. Do you know who said them?

- 1.) I think I can, I think I can...
- 2.) What you think about comes about.
- 3.) Imagination is the preview of coming events.
- 4.) The limits of the possible can only be defined by going beyond them into the impossible.
- 5.) Act as if you have already achieved your goal and it is yours.
- 6.) The future you see is the future you get.
- 7.) You change what you are and where you are, by changing what goes on in your mind.
- 8.) Sometimes I've believed as many as six impossible things before breakfast.

- 9.) Things are only impossible until they're not.
- 10.) Trust the little voice in your head saying "Wouldn't it be interesting if.." And then do it.
- 11.) Dwell in possibility.

(This article is a reprint of an article on the fun and useful page at the website, <http://beyondthesidewalk.com>) You will find more there!

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