

## **Can't Is Simply A Four Letter Word**

"I can't, I'm too old." "I can't, I'm not qualified." "I can't, I don't have enough money." "I can't, just because."

By the time children reach the age of 18, they've been told, "you can't have that", "you can't touch that", "you can't do that" tens of thousands of times. Most times, with the exception of danger, they were simply reaching out to explore, touch and experience having what they really wanted.

It's like the baby elephant that has a rope tied to its leg affixed to a stake in the ground. By the time they reach adulthood, the rope tied to their leg alone will deter them from even trying to explore beyond their perceived boundaries. When we really think about these things, what ropes have been tied to our leg?

I always try to impress upon our daughters Erin and Cailin that they "can" do anything they set their minds on accomplishing. They learned at a young age that "can't" is simply a four letter word.

Thank God old limiting beliefs and paradigms are beginning to fade. The newsstands are filled with magazine headlines jumping off the page, "Life begins at 50" and "60 is the prime of your life." The age keeps moving up and will continue to as the "baby boomers" balloon through the decades.

Well, we may not choose to bash the word, "can't" to the levels of the Wright Brothers, Henry Ford or Gandhi, but we "can" choose to reach for the things we really want to experience in our lifetime. It's not too late.

The word "can't" can be a huge limiting factor, a convenient excuse or a driving force to challenge or inner spirit of adventure to realize our dreams.

"When you begin every situation and challenge with possibility thinking, there are no limits or boundaries to what can be accomplished." You can fly a plane, star in a show, dance like there is no tomorrow, take a course, paint, design, write, sing and live life to the fullest. Live with purpose, play with passion!

### **Coaching Prompts:**

- Make a list of all the things you've always wanted to do in your life?
- Comparing each one to the next on the list, put a priority # next to each?
- What 3 steps can you take in the next 25 hours to "jump start" your #1 want?



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