

## **I KNOW I CAN !**

As an executive and entrepreneurial leadership coach my primary mission is to guide business professionals and teams from inspiration to actual results, more effectively, efficiently and enjoyably.

For people and teams to develop into vision driven leaders and champions, they must learn to grow confidently in themselves, in each other and in their mission.

To be, do and have the things we really desire, confidence is a must. Consider how each phase applies to your current levels of confidence in your personal and professional life.

**THINKING** (*Imagine*) Everything we do or anything ever invented was born from a seed of thought. The more we allow our imagination to do what it is naturally intended to do, the greater our ability to envision the results we most desire.

**FEELING** (*Energy*) The way we feel about any particular opportunity, challenge or adversity becomes embodied in our internal and external state of being. Our energy has the power to attract either positive or negative forces into our life as a direct result of the thoughts and feelings we put forth. If it feels right intuitively, it usually is.

**BELIEVING** (*Faith*) Abraham Lincoln said it best, *“To believe in the things that you can see and touch is no belief at all, but to believe in the unseen is a triumph and a blessing.”* There are times in all our lives when faith meets self doubt, but through perseverance and believing we are being guided by a higher power, anything is possible.

**KNOWING** (*Will*) Confidently knowing you can do, have or be anything your heart desires is the ultimate manifestation of thinking, feeling and believing. A strong will expressed through mind, body and soul can navigate through any obstacles along your journey to true success.

*I think I can... I think I can... I think I can... **I KNOW I CAN!***



Rick Forgay is President and CEO of Business Leadership Mastery. Applied education for Executives and Entrepreneurial leaders who want to excel at growing thriving companies in any economy.

Programs includes customized corporate and small business leadership coaching, strategic summit facilitation, keynote and conference presentations.  
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***“Excel At Building Businesses Where People, Productivity and Profits Thrive In Any Economy.”***