

Do You Think You Can or Do You Think You Can't?

There is an old saying, "Whether you think you can or whether you think you can't, you're right." If you see every challenge as a dead-end street you have a negative, pessimistic attitude which is self-indulgent and unwilling to see that life doesn't stop with every problem. If however, you see challenges as a learning curve and determine to come out the other side successfully, your attitude will lead to confidence and assurance and a mindset which says, "So what! I won't let this beat me, the best is achievable and I can win." The first attitude is one that will bring defeat and unhappiness, the second is an attitude that brings happiness and achievement because it builds self-confidence in knowing you are an over-comer. When you are aware of these attitudes you will understand how your thoughts and emotions affect your realities.