

CAN DO

“I can only make withdrawals from banks where I have deposits, so if all my deposits are in the bank of goodwill, then I can withdraw from there”.

“I always experience life in accordance with what I reinforce the most”.

The assumption that I don't get the results that I want is because I'm not doing the right things was easy for me to make, though it didn't clarify for me what the right thing was. There is a difference between trying not to fail and trying to succeed. To begin with, I spent all my energy trying to figure out what could lead to failure and how to avoid it; without realizing it, I was engaged in the process of failure with my words, actions, and imagination.

As opposed to this, when I am trying to succeed, my energy is focused on what I need to do, and my imagination, words and actions are aligned in that direction. To prevent someone from dropping an expensive vase, I would say “hold on to it” rather than “don't drop it”. With the action word, the imagination is stimulated, and the person imagines holding on, while with the drop image, the person imagines dropping it. The words I use to define things and describe actions are very important stimuli for my imagination, so taking control of my imagination begins with the way I define and describe things.

With the concept of "Visualize," I realized that my imagination (thoughts), words, and actions (deeds) weren't always aligned. In some cases, I even said the exact opposite of what I wanted, and my imagination was caught up in that. As an example, I found myself focusing on not failing rather than succeeding. In the first scenario my imagination was engaged with all the ways of failing and my actions trying to prevent this from happening, but I spoke tentatively and lacked conviction, and the entire process of preventing all the various ways of failing was very time consuming and energy consuming.

If my plan is to go up "north" it makes perfect sense to ensure that my steps are headed in that direction rather than down south. Even so, if circumstances beyond my control force me to go south as well, I should

remember that two steps in the direction of North followed by one step in the direction of South is still one step forward. I spend a lot of energy trying to change a direction I don't want rather than simply focusing on a direction I want.

Once I became aware of this and decided to succeed, I made sure that my words expressed this desire on a regular basis and engaged my imagination in all the different ways I could succeed. As important as it was not to lose sight of the things that could jeopardize my success, I also ensured that, when considering those things, I also considered exponentially more things that would assist me.

As I review the things I "can't do," I also make sure to look at the things I "can do" to maintain perspective. It was my habit to maintain a ratio of "can do" to "can't do" and the harder the task, the higher the ratio i.e. the harder the challenge, the more reinforcement I needed to maintain focus and avoid panicking.

My analogy is that I can only make withdrawals from the bank of "goodwill" if all my deposits are there. There is always a direct correlation between the things I reinforce most and what I experience in my life. This "can do" tactic does not guarantee success, but it makes it more likely to occur, so I find it very useful.

I never forget the importance of balance. By introducing cold water until the desired temperature is reached, one can speed up the cooling process of hot water. As an example, I hear a lot about stress reduction and how we need to live a less stressful life, but for me, it's not the stress that's problematic because I recognize that I'm "stress dependent", but rather the lack of balance between stressful and non-stressful activities that's problematic. As a result, I prefer the term "balanced stress" instead of "stress reduction."

In the context of a "balance philosophy," I am encouraged to incorporate stress-free activities without making any conscious effort to reduce the number of stressful activities (although, in most cases, the introduction of stress-free activities reduces the number of stressful activities).

In essence, I'm trying to say that I've learned to accept the things that I can't change or do anything about and focus my efforts where I can get

the greatest results. My process involves consciously reinforcing what I "can do" in a way that exceeds what I "can't" and keeping a ratio that increases proportionately with the complexity of the task at hand. I do not practice denial or avoidance but allow myself to fully acknowledge my "cant's" and then I remind myself of my "cans" in a ratio of three "Cans" for every one "Can't".

With the can-do method, I am reminded to reinforce my abilities while confronting what I cannot to achieve my desired results.

It is important to use "can do" statements more often than "can't do" statements, and to communicate my intentions in a consistent manner. In contrast to saying I hope I don't fail; I should instead say I hope that I succeed or instead of I don't know if I am good enough, I should say I hope I am.

Because my unconscious mind senses that I am unsure, I would avoid false statements like I know I will succeed, or I know I am good enough. Rather than pretending to be something I am not, I aim to become something I know I can become. The same is true when trying to make yourself happy by saying I'm in my happy place. Visualizing your way from sadness to happiness is much more effective.

Visualize means to transform reality from one state to another in my mind by following a natural progression. It is not meant to deny reality. The idea that our minds and imaginations affect neurophysiology is supported by medical research, and we can make use of this process regardless of why it works.

Points to remember:

The tactic of Can Do is best achieved using the concept of "Visualize". Consciously reinforce the things that you "Can Do" in a manner that far exceeds the things that you "can't".

Maintain a ratio that increases proportionately with the task complexity. Do not practice denial or avoidance but allow yourself to be aware of the "can't" but remind yourself of your "can" in a ratio that allows you to get the results you want.