



Things to Ponder

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Believe You Can

By Judi Moreo

We are all born with the ability to succeed. Our first successes are natural. We learn to grasp a bottle, roll over, crawl, drink from a sippy cup, stand, walk...run. We'll try anything. Failure to accomplish the task on the first try only makes us try again, because no one has told us we can't. As we get older we learn to write, read, and ride a bike. We learn to do things because we believe we can. Our parents and grandparents praise our every step. Then, somewhere along the line, someone—a sibling, a parent, a teacher or friend—tells us that what we want to do is impossible or we're too slow, too small or just not ready.

Once the seeds of negativity are planted, we begin to grow abundant gardens of doubt about ourselves. We learn to question our abilities, our motives and our power to achieve our goals. Some of us live the rest of our lives wandering in our doubt gardens. We either postpone trying until we learn more, have more money, get older or we become lost in our doubt and never try at all.

To get ourselves back on track and to become the winners we were meant to be, we must first get back to the place where we believe we can. Our performance in life is most often determined by the expectation that we—or significant people in our lives—have about the outcome.

That expectation becomes our motivation. Our motivation compels our behavior. Depending on the expectation—the belief in the ultimate outcome—we can be motivated to learn, grow and stretch until we reach the goal or to just sit back and not try at all because we didn't believe we could do it anyway.

Believing in ourselves is the single most important thing we can do to ensure our success.

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