



Return to Stillness Blog

Focus on CAN!

*“Consult not your fears, but your hopes and dreams.
Think not about your frustrations, but about your unfulfilled potential.
Concern yourself not with what you have tried and failed in, but with what it is still possible for you to do.”*

Pope John XXIII

Many people come to my clinic and tell me all the things they can't do. Their frustration is palpable.

Then we talk for a while and, guess what? We find lots of things they CAN do. In fact, we often find they CAN do more things than they could do 3 or 6 months ago.

It's just that they get so locked into a “can't mindset”, they forget how good life is.

Always focus on CAN. Everyone CAN. And if you think you can't, TRY. You will be amazed at how much you CAN do with some effort.

If we sit and complain that “this is hard. I can't do it”, we will create a life of helpless degeneration.

If we stand up and work with our strengths, we will grow stronger and more able.

