

Dream and do

Most of you probably heard the child's story of the locomotive that puffed "I think I can, I think I can" as it climbed a hill, only to replace its mantra with "I knew I could, I knew I could" when it made it over the hump.

So, how much of it is true?

Aside from the talking engine, more than you might believe.

"It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome," said the American psychologist, medical doctor, and philosopher William James.

James knew what many people only learn after years of struggle: That when we believe we can do something, we're usually right.

Henry Ford put it this way: **"Whether you think you can or whether you think you can't.....you are right."**

Here's the great truth of it: we can pretty much do anything we set our minds to accomplish. It may take a bit more time, or we might stumble a little along the way. Or, it might be smooth sailing from start to finish. But if we believe we can do something, no matter what it might be, and if it's within the realm of possibility for us, we can accomplish it. Sure, we can't do some things -- the cow never could jump over the moon, no matter how much she thought she could -- but within the realms of possibility, if we dream it, we can do it.

So many times, people sabotage themselves before they even start on a task. "I can't do that. It's too hard. It's going to take too long a time. It's not in my job description," and countless other excuses surface. We never try, so we never do.

Altogether too often, we set our personal boundaries from a flawed idea of our capabilities. We listen to the naysayers around us, and too much of the time, our chief naysayer is us.

So, here's the key: we need to give ourselves a break -- we need to believe more in our abilities, we need to be more of a personal cheerleader, we need to treat ourselves to some learning, some challenges, some growth, some time.

In other words, we need to believe in ourselves, just as much as the little

locomotive believed it could make it up the hill.

As we go through life, we need to keep chugging away, because no matter how high the hill looks, it looks a lot better on the other side.

We need to dream, and then do.

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