

MY TACTICS - "CAN DO"

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

The life that I experience is always directly related to the things that I reinforce the most.

It was easy for me to make the assumption that the reason why I was not getting the results that I wanted was because I was not doing the right things. Although this assumption was accurate it still did not clarify for me what the right thing were.

Trying not to fail is not the same thing as trying to succeed. In the first instance I spend all my energy trying to figure out the different things that could make me fail and how to prevent or avert them and without realizing it my imagination, words and actions were engaged with failure, this was also very exhausting work.

On the other hand when I am trying to succeed my energy is focused on what I need to do to succeed and my imagination, words and action are aligned in this direction, this is a more efficient way of getting the results that I want.

If I was trying to prevent someone from dropping an expensive vase "hold on to it" is more likely to produce a positive result than "don't drop it".

The action word stimulates the imagination and in the first case the person imagines holding on while in the second case the person imagines dropping it. Action words are very important stimulus for the imagination, so how I define things and verbalize action are important steps in taking control of my imagination.

Using the concept of "Visualize" I realized that my imagination (thoughts), words and action (deeds) were not always lined up in the same direction. There were even times when I was saying the

exact opposite of the results that I wanted and my imagination was caught up in this. For example I found myself trying not to fail rather than trying to succeed. In the first scenario my imagination was engaged with all the ways of failing and my actions trying to prevent this from happening, my words were tentative and lacked conviction and more importantly the whole process of trying to prevent all the different ways of failing was very time and energy consuming.

If my plan is to go up north, it makes perfect sense to make sure that my steps are headed in that direction rather than down south. If circumstances beyond my control forced me to go south as well, it is important to remember that two steps in a north direction followed by one step in a south direction is still one step in the direction that I want. Often times my focus is directed to trying not to go in a direction I don't want and I spend my energies trying to change it rather than simply focus on the direction I want.

When I became aware of this and made the decision to try and succeed I made sure that my words expressed this desire on a regular basis, I engaged my imagination in all the different ways I could succeed. It was important that I did not lose sight of the things that could jeopardize my success but now I made sure that when I considered them, I also considered an exponentially more number of things that would help me succeed.

In other words when I review the things I "can't do" I also make sure I look at the things I "can do" so as not to lose my perspective. I maintained a ratio of "can do" to "can't do" and the more difficult the task the higher the ratio i.e. the harder the challenge the more reinforcement I needed to stop me from panicking and losing my focus for success.

An analogy I like to use is that I can only make withdrawals where I have deposits so if I don't put my deposits in the bank of "goodwill" then I can't make withdrawals from there. The life that I experience is always directly related to the things that I reinforce the most. Although this "can do" tactic does not guarantee success it

makes it more likely to occur and so I find it very useful.

I always take care not to forget the importance of balance. A good analogy is cooling hot water either by waiting for it to cool down, this takes a lot of time, or speeding up the process by adding cold water until I reach the desired temperature.

Another example would be stress, I always hear talk about stress reduction and the need to live a less stressful existence but for someone like myself who is stress dependent trying to reduce stress is stressful. I realize that it is the lack of balance with non stressful activities that was creating a problem. So I now like to use the term balance stress as opposed to stress reduction.

A balance philosophy encourages me to spend my energy incorporating stress free activities without any conscious attempt to reduce the number of stressful activities (although more often than not a reduction in the number of stressful activities occurs as a result of introducing the stress free activities).

What I am trying to say is that I have learned to accept the things I can't change or do anything about and focus my energy where I have the best chance of getting the results that I want. I achieve this by consciously reinforcing the things that I "can do" in a manner that far exceeds the things that I "can't" and I maintain a ratio that increases proportionately with the complexity of the task ahead. I want to emphasize that I do not practice denial or avoidance but allow myself to be completely aware and acknowledge my "can't" and then I remind myself of my "can" in such a manner that say a 3:1 ratio I review three "Can" for every one "Can't" that I become aware of.

The can do method encourages me to remember to reinforce what I can do while encountering what I can't in such a manner that the final results are in the direction of the results that I want.

It is important to verbalize "can do" statements more often than "can't do" and to say things in a manner consistent with what I

want. For example rather than say I hope I don't fail I would say I hope that I succeed or instead of I don't know if I am good enough I would say I hope that I am good enough.

I would avoid false statements like I know I will succeed or I know I am good enough because my unconscious mind is aware that I am unsure and that I am trying to will my imagination. In other words I do not pretend to be something that I am not, instead I am hoping to become something I know that I can be. In the same manner saying I am in my happy place in an attempt to make myself happier is not as effective as visualizing going from sadness to happiness.

Points to remember:

The tactic of Can Do is best achieved using the concept 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 complexity of the task ahead.

Do not practice denial or avoidance but allow yourself to be aware of your “can’t” but remind yourself of your “can” in a ratio that allows you to get the results that you want.