

# I Think I Can. I Think I Can. Can I?

By: Michele Wahlder

*I think I can. I think I can. Can I?*

Your mental train ticket to Self-empowerment we all find ourselves at certain points in our lives holding first class tickets to negative mental trains of thought. To avoid it we can use the 5 C Process.

The Journey challenges individuals to:

## **1 Clarify Current View** – Where are you now- honestly?

Conscious awareness of your current view is the first step in becoming the best you can be. Getting clear about how your life aligns with your values, talents and unique gifts is vital to your happiness. You need to know where you are in order to learn where you want to go. You can clarify your current view by completing a review of eight life areas. Be honest with yourself about how happy are you with your profession, finances, health and overall well-being, primary relationships, personal development, spirituality, environment, hobbies, etc.



## **2 Connect with Your Highest Vision** – Where do you want to be? You have to get really clear about what you want. It is crucial that you connect to your highest vision of yourself because you can't create it unless you are clear about what it looks like. If you don't have a vision of where you want to go or what you want to be, you will most likely NOT get there. If you don't have any idea about what you want, or how you want to be in life to bring about greater happiness, begin looking through magazines and create a Vision Board/Collage of what attracts you. Just get help assessing your talents, divine gifts and abilities and then determine how you want to use them more fully in the world. We can't help others as fully, if we are not aware of how we can best serve.

## **3 Create Inspiring Goals** – How will you get there? Example: You have to create a plan and take specific actions to get you from where you are now to where you want to be. When most people write goals, they just write a list of action steps, usually external

actions. It is more powerful to have inner and outer goals. An outer goal is what you want. For instance, you might think, "I want a new house". An inner goal is more focused on the how. How will a new home benefit me and my family? Will it offer more common gathering areas, a larger kitchen so that we can cook together, etc.? How can I appreciate what I have now until I get this home? How can I make this a joyful experience rather than a stressful one? If you can not be grateful for what you have now, then when you get a new home, it will only create very short-term happiness for you. Then, you will be focused on the next external illusion of happiness. Take at least three of the life areas I mentioned earlier and jot down how you could benefit from living your highest vision in each area. Next, add action steps toward your desired achievements along with completion dates.

4 **Clear Obstacles** – How will you remove obstacles in your way? We all have dreams and visions for our life, but frankly, there are many things that can get in the way. The two most common obstacles are: The inability to say NO— In order to bridge the gap from your current view to your highest vision, you have to make room for what "Could Be". If your life is full and you want to add more of the things that are truly important in your life, you should start the change process by making room first. You must say no to some things in your life, so you can say yes to what is most important. You have to give up the destructive habits, behaviours and activities to make room for new ones. A metaphor would be a water hose watering a flowering plant. The water in the hose is your life force and the flowering plant is what you are trying to grow in your life. If the water hose has leaks, it will not have enough water or life force/energy to reach its desired outcome or vision (to grow the plant into full bloom).

Examples of leaks might include toxic friendships, unrealistic expectations, watching too much television, eating sugar, overspending, negative relational patterns with your spouse or working on an outdated job or negative self-talk—Research shows we have approximately 50,000 internal messages we say to ourselves daily. We are constantly walking around having conversations with ourselves Don't say anything to yourself that you wouldn't want someone else saying to you. Think of self-talk like mental fuel. Now, imagine filling your car with dirty water. We all know you wouldn't get very far. Now, take that same car and fill it with high quality gasoline. You'll most likely reach your destination.

It is the same with people and the words we use. If the words are negative and toxic, we will sputter along with low energy and our performance suffers. If our words are positive and tender, we will feel confident, energized, encouraged and will most likely meet our goals faster and easier

### **5 Commit to Action** – Are you willing to do what it takes?

The final step of the 5 C Process is to commit to action. How many times have we all made plans and never carried them out, or started off excited and lost motivation? No one ever does anything great alone. We all need encouragement and support from others including an accountability partner who is willing to help hold the vision of the person you want to be.

- Become aware of your negative messages –listen to voice in head
- Stop! You have to stop immediately if you find yourself dwelling on any negative thoughts
- Replace negative thoughts with kinder alternatives
- Practice. It takes a commitment of time in order to turn a pattern of negative thinking into a more positive train of thought.