

WHAT HENRY FORD SAID

“Whether you think you can or you can’t...you’re right!”

What Henry Ford said suggests that how we think about life and business has a big impact on what we get in life and business. How often do you hear yourself say, “I can’t!”? Every time you say “I can’t,” you make it come true. When you say “I can’t,” your subconscious hears it as instructions about how things are. Your subconscious is very literal and it follows instructions perfectly. ‘You can’t’ becomes the instructions and the subconscious makes it come true. On the other hand, if you say “I can,” the subconscious makes *that* come true.

The mechanism for all this is the filtering that your brain does so you can exist in time and space. At any given instant there are upwards of 20 million bits of information coming into your brain. Your consciousness, however can only process about 20 bits. What you think you can or can’t do, becomes the instructions to your subconscious about how to filter out the bits that won’t get processed. So if your instructions say you can’t, all information, opportunities or possibilities to the contrary don’t get to your thinking processes. You won’t notice, understand, or remember those bits that get filtered out. You just guaranteed that you can’t.

We tell ourselves stories all the time. Those stories either create limits or opportunities for us. They are the thoughts that create the feelings we experience. Tell yourself a story about something unpleasant you are expecting and your feelings are of the unpleasant experience. Your filtering process creates what you meet in your reality. On the other hand, tell a story about greatness, good outcomes, your capability, the great result you want to see, and your filtering mechanism sets about bringing it about.

Don’t allow “I can’t” in your home or business. If you catch yourself saying “I can’t,” tell yourself to rewind or “Not helpful.” If you hear it from your co-workers or children remind them that “I can’t” doesn’t get us good result.

I leave you with some sayings and quotes that teach this idea.

1. I think I can, I think I can...
2. What you think about comes about.
3. Imagination is the preview of coming events.
4. The limits of the possible can only be defined by going beyond them into the impossible.
5. Act as if you have already achieved your goal and it is yours.
6. The future you see is the future you get.
7. You change what you are and where you are, by changing what goes on in your mind.
8. Sometimes I've believed as many as six impossible things before breakfast.
9. Things are only impossible until they're not.
10. Trust the little voice in your head saying "Wouldn't it be interesting if.." And then do it.
11. Dwell in possibility.