

The 90-Day Prosperity Experiment

Day 25: You Can Do It! *by Kate Nowak*

Hello from my heart to yours!

There are many essentials to creating a prosperous life, but the one essential you simply must have is the feeling that no matter what it takes, you can be, do and have what you want. When you are so convinced that you will succeed no matter what, nothing will deter you. Like the little engine who could in the popular childrens' story, you will "think you can" over every obstacle, through every barrier, and past every roadblock to your path.

This CanDolt attitude is vital because the more confidence you have in your own abilities, the more eager you will be to forge ahead, while the less confidence you have, the less you'll willingly apply to this project, and those things only halfheartedly attempted rarely succeed.

As a child, my fourth-grade teacher was a stern-faced woman who rarely smiled. Even her name, Mrs. Leatherrock, suggested an imposing force, so it was no wonder that on the first day when she wrote the solitary class rule on the black board, I paid attention. The rule was simple: for the entire span of our fourth grade year, we were not to use the phrase "I can't."

Like I said, the rule was simple: following it was not. But by the time the year had ended, I'd faced Mrs. Leatherrock's foreboding scowls often enough to convince myself that anything was possible. And thanks to that wonderful woman — who actually smiled quite often I'd come to realize by year's end — I managed to develop a CanDolt attitude I've been grateful for ever since.

Over the years, I've told myself "I can do this" countless times as a way of remaining centered on what I want, even in those times when I don't have a clue about how to go about getting it. For instance, when I decided I wanted to create my first flash video "May You Be Blessed" I had no idea where to even start. I'd never done anything like it before, but by continually reminding myself that I could do it and staying faithful to that premise, I was able to find the information I needed, obtain the necessary software and learn enough about using it to create the movie.

And I did it all in a relatively short amount of time. In fact, I began by giving myself a one-week deadline (more about deadlines in an upcoming message) and every time I wanted to throw up my hands and quit, I would remind myself that I could do whatever I put my mind to, and I'd start again. By the time the week was up, my CanDolt attitude had enabled me to not only find the information I needed, but to also learn the skills need and finish the movie. And all because I kept telling myself I could.

Today, it's your turn to apply this CanDolt attitude to your dreams and goals. Read over your Prosperity Business Plan and with each separate goal, audibly affirm "I can do this!" Say the words with all the feeling and emotion you can muster, not only convincing yourself but the entire universe that you are up to the task at hand. Then at the end of your Prosperity Business Plan, write the following statement:

"I CAN do this. I WILL do this. I AM doing this NOW!!!"

And every day for the remainder of the experiment, continue to affirm this CanDo statement as you read your plan each day. Also affirm it each and every time any doubt arises. You can do whatever you make up your mind to do. This affirmation will help you make up your mind that everything you have written in your Prosperity Business Plan is possible.

Today's Action Step:

1. Re-read your Prosperity Business Plan and your Ten Things Gratitude List.
2. Place today's allotment of money in your container and read the affirmation on the container three times. Expect to receive in return.
3. Bless those around you, including your fellow participants in this experiment. See those you bless prospering and surrounded by good. Then bless yourself and see the same. You may also want to continue blessing those on the blessing request list.
4. Return to the blessings requests and read the responses being posted by those who have been blessed. (you'll find a link at the bottom of this email, or simply go to bettertobless.com and click on "Request a Blessing")Your blessings are making a difference. Reading the responses will give you an opportunity to see for yourself.

Today's Quote:

"To attain great success, we must inwardly feel that we can, and we must be inspired by a determination that is not only irresistible, but that is as deep as the fathomless depths of life itself. He can who thinks he can. He who thinks he can will use effectively all his present power and will steadily increase the capacity of that power. He who doubts his power, however, will fail to use it. And herein we discover one of the first causes of failure, as well as one of the greatest laws in achievement."

--Christian D. Larsen

from *How Great Men and Women Succeed*

Today's Affirmation:

"I can do whatever I make my mind up to do. I have made up my mind to enjoy boundless prosperity. Prosperity is mine."



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