

Tim Cork

Goodbye to Can't...

“Whether you think you can or can't, you're right”

– Henry Ford

It does not make me sad to say farewell to can't. I have discovered what it feels like to do the unthinkable, to push it to the edge. The hard. The long. The challenging. Can't, you have no business here anymore and are not part of my belief system and the way I travel through life. From now on, difficult is doable and just the occasional speed bump.

I will see the impossible as simply a yet-to-be-conquered and an opportunity of the attitude of, “what would I do if I could not fail”. Farewell Can't. You are no longer part of me and will never haunt me again. Hello Can ! Welcome to my world of 2011 and beyond.

Many said can't to Thomas Edison, Oprah, Ghandi, Nelson Mandela, Terry Fox and Rick Hansen ... They said can and did ...

Why not you ???

What will you do in 2011? When you put "I will" in front of your commitments and goals you are making a promise and declaration and you are more likely to follow through Here are a few of mine I thought I would share ...

I will be grateful
I will listen
I will do my best everyday
I will share
I will collaborate
I will compliment people
I will live without regret
I will respect myself at all times
I will forgive myself when I make a mistake
I will read something new every day
I will write in my journals
I will read 40 books this year
I will make those around me feel loved
I will forever pursue happiness regardless or what occurs

I will take responsibility for my actions
I will surround myself with people who inspire me
I will laugh at myself
I will hug my wife and children often
I will help those in need
I will use kind words in difficult situations
I will live with an attitude of gratitude
I will respect others points of view
I will pick myself up when I fall
I will work out every day
I will drink lots of water (and wine)
I will say sorry when I make a mistake and mean it
I will take a break when I need it
I will live every day as if it is the first and the last
I will not be driven by fear
I will find extraordinary in every day
I will enjoy my food
I will be patient
I will get up early
I will read this list every morning
I will not take myself too seriously
I will cry when my emotions tell me to
I will listen to my inner voice
I will focus on the attitude of giving
I will play hockey, golf, tennis, swim and ski regularly in season and stay very active

(Editor's note: I will return to TurningPoint's website often to inspire myself on to greatness!)