

Stretching for Success

When you stretch an elastic band, it will never come back to its original shape and size. Similarly, once you read a book, complete a course, attended a training program, it stretches you and you will never be the same person.



Stretching is nothing new to us. As a toddler, we stretched ourselves to make an extra effort to crawl and then to walk. It wasn't easy and the results were not always encouraging. Every time we tried to stand up, we fell down and it hurt but we kept on trying until we stood up.

Do you remember the first time you tried to learn riding a bicycle? How many times did you fall off it? Did you give up? You did not, because you didn't know how to give up. Until we are adults, all we did was try and achieve. Then somewhere in our adult-life we learned the word "giving up" and now we have adopted it.

People are different. People have grown up in different cultures with different backgrounds. Each and every one of us has different skills. We have different capabilities and have different talents. Things that some are good at, others might find impossible to do. Regardless of that, we are capable of achieving a lot as human beings. We have come to this world with enormous capacity to grow and contribute.

People come to me and say "hey I saw your article in the paper" or they would say "I read your article. It is good". So I ask them, what did you learn from it? Or are you doing anything different to what you have been doing? Most of the time, their answer is very disappointing. It's like being sick and having all the medicine at home but not taking them. It is like participating in one of the most expensive and exclusive training programs and having a good nap during the program. WHAT IS THE POINT? It doesn't matter how many books you have

read, how many programs you have attended or how many new courses you have completed, unless you start using the new knowledge, your situation will not change. **YOU HAVE TO TAKE ACTION.**

Why do so many of us have great ideas but don't convert them to reality? What is stopping us?

Let me ask this question. What stops **YOU** making a decision to stretch and achieving your potential?

The main barrier is your belief system!

Your beliefs control your behavior. You are your beliefs. If you don't believe you could stretch, changing your behavior will not give you long lasting result. Beliefs create your identity. This is not what others think of you. This is what you believe deep inside. If you are planning to start a new business, if you are ready to make a career move, if you are planning to build your first house, let that idea sink deep and grow in your system. Let your system (your mind & body) get comfortable with that new idea. Make that idea befriend your beliefs. Start believing in you and make the new change (idea) a part of your belief system.

No one has been born as a successful person but as an ordinary person. World famous sportsmen, well-known celebrities, multimillionaire businessmen or basically any one who has become an achiever had to stretch their mind, body and belief system to achieve what they have achieved. Make a goal that would stretch you, that would challenge you, that would test your skills and abilities and finally bring out your true potential. Have a great week!

READ- SHARE- ACT!

Good Luck!

Nuwan Samarapathi
Personal Development & Motivational Trainer
The author of the book "**Wisdom for Challenging Times**"
NLP- Master Practitioner & Coach -(USA)
Bachelor of Marketing (Australia)
www.promindsweb.com
Mobile; 0773660094