

Why can't I / How can I

Questions determine the focus of our perception, what we focus on is what we seek answers to.

When people are stuck they tend to constantly ask themselves:

- Why can't I do this?
- Why can't I stick to this?
- Why can't I look like that?
- Why can't I have this?

Asking the "Why can't I" questions assumes two things:

1. There is something to be done, and
2. You can't do it

By asking these "Why can't I" questions you are constantly directing your conscious and subconscious mind to be on the look out for the answers – answers to a question that is the total opposite to what you want.

So instead, reframe the question and ask "how can I?" questions:

- How can I make this work?
- How can I stick to this plan?
- How can I feel like that?

Task 1

Write down 20 responses to your primary I can't belief. For example,

I can't lose weight because.....

I can't sleep because.....

I can't give up caffeine because...

I can't drink less alcohol because....

This may seem counterintuitive because you are writing down why you can't but the reason for doing this first is to tap into your subconscious and get all the self-limiting beliefs out in the open and down on paper. Then you can focus on positively reframing your thoughts.

Task 2

Write down 20 answers in response to your primary I can't belief. For example,

How can I lose weight....

How can I sleep....

How can I reduce my caffeine intake....

How can I drink less alcohol....

You can change the questions to suit your particular circumstances but they need to be How can I focused.

Focus on taking action on your responses in task 2 and remind yourself every day how you can.....