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Consider Yourself

Dear <<First Name>>,

Welcome to the second Consider Yourself newsletter. If you read the inaugural newsletter, you'll notice that I've been using my pencil. Any other pencil users this month? If you've recently subscribed to the Consider Yourself newsletter and are wondering what I'm talking about, feel free to view [last month's newsletter](#).

Happy belated Mother's Day to all of the awesome mums out there. I hope you had a wonderful day.

I'm quite excited to announce that my [revamped website](#) is up and running. I now have a [blog](#) and some other fun bells and whistles. I'd also like to invite you to join my [free teleclass](#) on 2 June, The Perspective Detective.

In this month's newsletter, I explore the power of possibility.

Limitation vs. Possibility

The American inventor, Thomas Alva Edison, once said "If we did all the things we are capable of doing, we would literally astonish ourselves". Often, we miss out on astonishing ourselves because we get caught up in our limitations. Of course, there are times when acknowledging our limitations is a sensible course of action. For example, it's all well and good to have a dream to win the 400 metre freestyle in the summer Olympics, but if we're 50 it's probably not going to happen, even if we once swam like Ian Thorpe. However, often the limits we place on ourselves aren't such a foregone conclusion. Rather, they are a perspective that we take and one that we can change.

What does it mean to have a perspective of limitation?

When we take a perspective of limitation we are likely to:

believe it can't be done;

fixate on the obstacles;

doubt we have the necessary skills or knowledge; and

see “stuck” as permanent.

When we are in a state of limitation, it can cause us to feel negative emotions such as drained, frustrated, discouraged, upset, hopeless, angry, jealous, negative, anxious or flat. Not such a good place to be!

What does it mean to have a perspective of possibility?

On the other hand, when we take a perspective of possibility we are likely to:

believe we can make things happen;

notice and embrace opportunities;

generate solutions for overcoming obstacles;

believe we have the skills and knowledge or that we can acquire them; and

see “stuck” as temporary.

Being in a state of possibility can cause us to feel positive emotions such as excited, positive, uplifted, hopeful, peaceful, happy, full of energy, inspired, and open minded. A much better place to be!

So if being in a state of possibility supports us to achieve our goals and feels good, why do we choose to be in a state of limitation? Sometimes we do so out of habit. We've been doing it for so long, that we don't even realise we could do things differently. Sometimes it's because we fear failure or success. If we limit ourselves then we have an excuse for not succeeding. Sometimes it's because being in a state of limitation is easier than trying. We don't have to grasp the opportunities and we don't have to overcome the obstacles.

Think about one area of your life where you are in a state of limitation. What can you do to move to a state of possibility? Go on... astonish yourself.

Warmly,
Janice

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