

Yes you can

[Psychology](#), [Motivation](#)



Yes You Can Are your doubts and fears getting in the way of your hopes and dreams? Do you ever feel as if you will never get your big break or experience a breakthrough? Do you ever feel so down that it's as though you will never be able to get back up? Well, toss all those feelings aside because tomorrow is a new day and it's just as promising as ever and it always will be. Yes, there will be days that you will fail. Truthfully, there will also be days that are uneventful or unfruitful. It happens to everyone, even the best of them. Think about it, if it weren't for the trials and errors of the Wright brothers, aero technology probably wouldn't be as advanced as it is today. That said, " If at first you don't succeed, try, try again" (1840 T. H. Palmer Teacher's Manual p. 223). Pick yourself up, dust yourself off but, most importantly, learn from your mistakes. Accomplishments don't always come right away. Sometimes, you have to work at it in order to achieve a desired goal. Sure, it may take a while but, the end product will be worth all the hard work and hours dedicated to that project. It took Thomas Edison one year to invent the light bulb. He tried many different possibilities (1400 different fibers) until he tried cotton fiber. With the cotton fiber, he then created a light bulb that could last over 1500 hours. With Edison's hard work and dedication, the possibilities are endless. If you feel that you are great at something and that it's something that you love to do, then why let anyone or anything stop you? There will always be naysayers or roadblocks that will try to hinder your success but, you must stay persistent and keep at it. In 1993, on Star Search, a popular talent show that was broadcasted nationally, Beyoncé Knowles participated in the competition with a group then known as Girl's Tyme. The group lost and Beyoncé suffered her first professional set

back. Sure, she was disappointed and discouraged but, she didn't let that stop her. She worked much harder and achieved great success. Knowles became the centerpiece of the biggest selling girl group of all time, scored movie roles, signed modeling contracts, appeared in ads, and is now one of the greatest artists of all time with a booming solo career. Had Knowles given up a long time ago, she wouldn't be where she is now, doing what she loves. Accomplishing your dreams and achieving your goals may seem like very hard tasks at times. Although, it may seem that way, you must strive to complete them. Think of a few things you could do to stay motivated. You could stick post-its with motivational quotes on everything, or talk to someone who is a great motivator, etc. The most important thing to remember is, never overwork yourself. Sometimes breaks are needed to collect yourself or your thoughts. With pure determination, undying persistence and, strong motivation, anything can be achieved.