

Coach's Corner

You can do this!

By Sharon Pahlka, kidney patient and life coach

I am amazed that each and every day we have a choice regarding what attitude we will embrace. With the chaos life can bring, having this powerful choice gives me comfort. This came home to me several years ago.

I was practicing for my first speech contest, feeling out of my league and afraid. I nervously rehearsed in front of a friend and she said, "Sharon, you can do this!" These few words changed my attitude. "You can do this" became my mantra. And it worked! I placed second in the contest and gained the confidence to do more exciting and meaningful things in my life.

I had forgotten that I had a choice. I was choosing to listen to the negative inner voice that is driven by fear, hurt and anger. I like that I can choose a better way. When facing difficulty, I now often tell myself, "You can do this" and love seeing my attitude change.

Coaching Question: How is your attitude?

Coaching Tip: Choose to guide your thoughts. Deliberately replace negative thoughts with positive ones.

Homework: Do an attitude check throughout the day. If you find yourself saying negative things about yourself or others, change it.

I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. – *Chuck Swindoll*

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Whether you think you can or can't,
you're right. – *Henry Ford*

Muscle

Peritoneal is