

**Put all your excuses aside and remember this:
You are capable.**

Zig Ziglar

You are capable. It is easy to forget this, because it can be second nature to make up excuses and blame someone or something else for our situation or issue.

It's your parents fault, your boss holds you back, the economy is bad, you don't have the education....

We have all used excuses at one time or another to justify why we are stuck. Unfortunately, this self-inflicted victim thinking prevents us from solving the issue.

You are bigger than your problem and are extremely capable of solving them. It is only after we decide to take ownership of the problem that we will find a solution. Try making a list of all the things that you can potentially do to solve it and then take action. The answer is there. You will find it.

Put your hand on your heart and say:
I am capable.