

# BETTER IDEAS FOR BETTER DECISIONS

*Improving Your Life with a Spiritual Mindset*

## *Quote of the Month*

“We are built to travel on the bandwidth of consciousness.”

- Jean Houston, Ph.D., a worldwide authority on human consciousness



## A MINUTE TO WIN IT

A spiritual lesson in 60 seconds or less  
with Dr. Pamela Grey, CSL Practitioner



## Honest Words for Honest Growth

Do you live with limitations? Consider the words you hear and use. Words can be inspirational; they can help you achieve greater mental health and increase your joy. But there are two words that can sink your ship: **I CAN'T**. Dr. Barker calls these words a misuse of your mind. I can't find time to go to the doctor. I can't improve my looks. I can't cook. I can't use social media. *When you say "I CAN'T," you imply you are not capable of doing whatever follows.* You diminish yourself and extinguish any motivation to take any immediate action. When you change the phrasing to "I WON'T," you affirm that you are perfectly capable of doing that particular something, but you have made the decision not to do so at this time. Making true statements will serve you far better than saying YOU CAN'T do something. You also raise the probability you could change your mind at any time. When you say "I WON'T," you take full responsibility for your decision. Try swapping out these sentences:

## *Limit using I CAN'T*

- I can't find anyone who interests me.
- I can't find time to diet or exercise.
- I can't find a good paying job.

## *Begin using I WON'T*

- I won't seek opportunities to go out and meet new people.
- I won't take time to diet due to many social obligations.
- I won't take time to update my resume or seek career counseling to learn what options are available to me.

Once you drop "I CAN'T," you start an honest conversation with yourself and those around you. Saying "I WON'T" also allows others to be of aid. They can offer to go out to a new experience with you, give you a healthy recipe or edit your resume! What could you accomplish if only you allowed others to help you? When "I CAN'T" becomes an excuse, we stop being transparent with ourselves and others. Before long, important tasks get pushed into the future.

Now is your best time to receive something good, not later in life! "I WON'T" doesn't mean you will never make an important decision, it just says not at this time. This simple shift in your thinking also helps you become gentler with yourself. The sooner you start a conversation with "I WON'T," the quicker a worn-out excuse evaporates into thin air. Others will find you more interesting, too, because you have become more interested in what you have in common. Begin to live by Dr. Jean Houston's mantra: "Become the change that makes the change." But for heaven's sake, don't say YOU CAN'T!

## **A Reader's Question**

*with Dr. Pamela Grey*

Founder of [PowerYourDecisions.com](http://PowerYourDecisions.com) and  
Author of the *Power Your Decisions Self-Study Workbook*



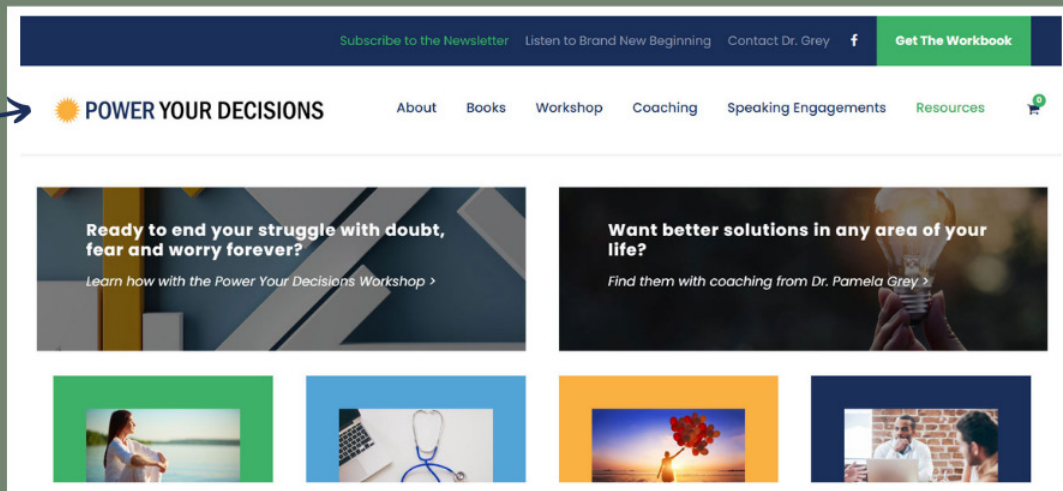
### **Q:** *What is required to become more successful?*

There is a correct way of thinking about success both universally and individually. What Spirit [God] does on a grand scale you can also do on an individual level. Successful people may not realize it, but they are always using spiritual means to achieve their goals. How do they do it? They open their minds and invite God's greater ideas to live vibrantly in their imagination. So, when thinking about the future, ask the indwelling Spirit to bring you great ideas! Don't delay. And even when the results you seek don't show up immediately, don't get thrown off course by doubting yourself. This is a misuse of your mind. Plucking up the seedling idea prematurely opens the door to other inferior thoughts like regret or fear. Sweeten all your future demonstrations of success by simply doing what Dr. Barker has always told us: **Only act on those ideas that really fascinate you.** Anything less will reduce the chances of realizing your heart's desire. So, when you get a good idea, declare that **this or something better is on its way**, and you will have individualized the power of the great cosmos!



## This Month's Barkerism

*When you open a door for someone else,  
you open one for yourself.*



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