

## **The Answer – The POWER of Self Control**

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A tongue in cheek saying that I often say, is “Assume the worst and you will never be disappointed!” another is “Murphy was an optimist”. Of course I don’t truly believe this, but many do. It is important to understand the power of thought, word and the power of choice. Do bad things happen to good people? Absolutely! They happen all the time. You have two choices in life for everything that happens. You can choose to NOT DO anything about it or you can choose TO DO something about it. The cost of choosing not to do something is far greater than choosing to do something.

The true value of something is not having that thing when you really need it, like an Ice Cold Coke after you have been walking in the desert for days without water. Consider the value of choosing to not do something when you have the choice in that moment to do something. You can’t change what has happened to you, but you can change how you react. How you react determines whether you are a victor or a victim.

A boy was born with a spinal cord defect. Doctors said that he had a 98% chance of dying at birth, they said he wouldn't be educated, they said he wouldn't speak; they said he wouldn't have a quality of life. His parents had the choice of believing the doctors, develop that way of thinking and live out that thinking – but they didn't. They knew better – we all have potential! They pushed the boy and worked with the boy, helping him unleash his potential, not placing limitations on him. The boy in turn developed success thinking. That boy learnt that you should never let anyone put limitations on your potential. That boy learnt we all have the potential to do great things and achieve greatness or significance.

This boy was expelled from a “mainstream” school in Grd 1, because he had a disability and was considered a risk to the school. Fair? No. This boy was forced to attend a “special school” that catered for kids with disabilities. A school that had limited subject choices, a school that had limitations, period! Fair? No.

This boy went on to represent his country in the World Wheelchair Games, this boy played provincial sports for 9 years for Southern Transvaal / Central Gauteng. In his sporting career, he won 39 gold medals, 16 silver medals and 5 bronze medals and has numerous records behind his name. This boy was Head Boy and Hostel Head Boy. This boy was chosen as Sportsman of the Year. This boy studied in the Allied Health Professions but was exposed to immense discrimination when looking for employment – one fellow Allied Health Practitioner commented “what person would seek help from someone who themselves is crippled?” Fair? What do you think?

This boy today, has his own radio show where he discusses issues faced by those with disabilities. This boy is ME. 32 years later and living life to the full!

I see it that I had a 2% chance of living. A 1% chance is all I needed. The power of choice!

When you choose to change your thoughts, you change your emotion  
when you choose to change your emotion, you change your attitude

when you choose to change your attitude, you change your behavior  
when you choose to change your behavior...YOU CHANGE YOUR LIFE!

3 birds are sitting on a wire, 2 decide to fly away – how many birds remain on the wire? The answer is 3 – just because they decided doesn't mean they actually did. Deciding to do something and not following through, does not make sense. When do you do it? Now! Why? Because now is the only thing that you have absolute control of – tomorrow is not guaranteed, yesterday is gone, the only thing we all have control of is NOW – what are you going to do with it?

The reason why people don't choose to get themselves out of the place they find themselves is the same reason why people come up with great ideas, but do nothing about them – FEAR OF FAILURE!

DON'T BE SCARED TO FAIL - failure is not, not being able to achieve something. Failure is not trying again. FAIL OFTEN but FAIL QUICKLY, LEARN from the experience, APPLY what you have learnt and MOVE ON!

Remember, the only difference between a Billionaire and a Bum is their thoughts and how they react to them.

Understand that MOTION causes FRICTION. You will face resistance, from friends, from family, from life happening - push through, DREAM BIG, MAKE IT HAPPEN.

I have had 37 major operations to date and I know there are many more still to go. Is life hard? I think in general, people think life is hard. It is only hard if you let it be hard. The good news is that the bad news can become good news, if you just change the way you think. Positive thoughts lead to positive actions.

I have a physical disability, a physical limitation if you want, but I don't let the limitation limit me. In essence, we all have our own "disabilities" or "limitations" – Are you going to let yours limit you?