

## Can't and CAN

The first part of the challenge is to listen to yourself this week and catch yourself saying or thinking "I can't". Then explore possibilities, permission, and choice.

I can't write a book about my childhood

because it might embarrass my family

who says? my grandmother

what CAN I do? - tell my part of the story  
- obfuscate some details  
- use an assumed name  
- publish it anyway

I can't do "networking" for my business

because I'm introverted

I give myself permission to - limit my time at events  
- be myself even if awkward  
- volunteer at the event to keep busy  
- schedule rest time the next day

I can't ask my partner not to drink at home

because they "deserve" a "break"

I choose instead - to prioritize my safety  
- to suggest they go out without me  
- to sleep in the other room if they're drunk