

I don't know how to do this but something inside of me does

Written by Kristin Cantella, MFT

I recently saw an interview with Paul Williams and Tracey Jackson. Paul is an Oscar and Grammy winner, song writer, actor and performer and Tracey Jackson is a screenwriter, author, director and producer. They have written a book together that came out this year entitled Gratitude and Trust, Six Affirmations that Will Change your Life. The book is a guide to help readers identify and change maladaptive behaviors in order to uncover their best, healthiest self. In the book, they talk about six affirmations for life. The second affirmation in particular really stood out to me when I heard it. It is "*i don't know how to do this but something inside of me does.*" I found this to be such a wise and inspiring quote with far reaching application in all of our lives.

When we feel that we are not up for some challenge, that we cannot achieve something, or we feel frightened to even attempt it, in those moments, if we can remind ourselves of this idea, I believe it can provide great support and comfort. When we feel there is something that we cannot do, something inside of us does know how. We have more strength, ability and courage than we sometimes give ourselves credit for. I thought this idea was particularly relevant for this time of year, as the new year is often a time when people put their attention and focus on something that they wish to accomplish. It may be a desire to strengthen a particular relationship with a family member or friend, or it may be to grow in some way in one's career or it might be a desire to take better care of one's health. Whatever the goal, oftentimes people grapple with some feelings of self-doubt, questioning if they can really achieve a particular goal or dream that they have for their life. If you relate to this, I hope this quote can bring you comfort and inspiration as it did me when I heard it. You are stronger, wiser, and more capable than you know. Wishing you a very healthy, meaningful, and fulfilling 2015!

Some other wonderful and inspiring books that I recommend:

Fully Present, The Science, Art, and Practice of Mindfulness by Susan L. Smalley, Ph.D.,

Mindfulness for Beginners: Reclaiming the Present Moment—John Kabat Zinn 2011

Loving Kindness, The Revolutionary Art of Happiness -by Sharon Salzberg

Meditation for Beginners –by Jack Kornfield

Gratitude: A Way of Life by Louise L. Hay