

# Your Beliefs Are Everything, Redefine What's Possible

VIDEO  
[duration 3:20min, mp4]

As Muhammad Ali said, "Impossible is just a word thrown around by small men, who find it easier to live in the world they've been given than to explore the power they have to change it".

And that's the thing you have to remember.

This world, everything you see around you, yourself, your mindset, your beliefs – it's all valuable.

**Everything about your life is a choice.** Everything that you see in your life from your job to your bank account, to your spouse, to your loneliness, to your happiness, to all of it.

**Everything is a result of the choices you've made.** Everything is either the result of what you've chosen to accept or chosen to change. So, the question that you gonna answer with your life is whether you are somebody, who just takes it, or whether you are somebody, who takes it and does something with it.

As Michael Jordan said, "**You must expect great things of yourself before you can do them**".

Before you can make these changes. Before you can grab life and shape it in the way you want. You've got to be willing to believe that you can do it. You've got to make a demand at yourself that you are going to do something great, that you are going to become capable of the extraordinary.

**You have to place that demand on you and whatever you accept from yourself is what you'll get.**

But if like Larry Bird you understand that if you give 100 percent all the time, somehow things will work out in the end.

Then you might actually have a chance of taking those ephemeral dreams, taking those things that the small men tell you are impossible and making them possible.

And when you look around at this extraordinary world and see all the amazing wonders that we have created with our hands, and understand that first it started with someone who allowed themselves to believe, held themselves to a standard, made enormous demand of themselves, including the demand to take action, including the demand to put in a 100 percent effort at all times.

Once you realise that, once you realise there is no difference between you and the people who built all of these incredible things, then you'll be able to do something extraordinary with your life.

So, **make that demand**, refuse to be one of the small people that clutch on it, like it's a life rope, to the word impossible, who find solace in comfort, in believing that they can't do something because it means they never have to try.

Allow trying, allow failing...

Embarrass yourself! Be terrible! Pick yourself up! Learn from that! Try again with you to listen to anyone that tells you that you can't do it and in that not only find the limits of what you're capable of but push them back...  
**and redefine for everyone the very notion of what's possible...**