How to rise above your challenges and change your “I can’t” into “I AM”

I can’t do this. It’s too hard → “The dangerous thing about excuses is that if we recite them enough times, we actually come to believe they are true”

- Accepting responsibility for your life is a must. Once you take the responsibility, real change is within your reach. Ask yourself this question. Is it harder to make these changes and feel well or to not make changes and continue to struggle with my symptoms?
- Tip: Begin each day with positive self-talk. Post your favorite inspirational or motivational quotes in the house, pray, practice deep breathing, listen to calming music, exercise, or enjoy the company of others.

I can’t see a difference → “You don’t have to see the whole staircase, just take the first step”

- You are a work in progress, which means you get there a little at a time. Not all at once. Your symptoms didn’t develop in a week and will probably not go away in a week.
- Tip: Consider journaling your symptoms or experiences so you have a self-reported history to reflect back on. You may be improving more than you realize.

I can’t change my lifestyle → “If you want something different, you have to do something different”

- Slowly but surely you’ll learn the little things you can do to make these changes easier. Over time, you’ll realize what use to seem like a huge inconvenience is now a routine part of your day.
- Tip: Identify your less helpful habits. Instead of focusing on breaking them, focus on replacing them with new positive habits.

I can’t cook → “Keep calm and cook on”

- Mistakes are an important part of life. Keep experimenting and you will slowly begin to learn the ways of the kitchen. We provide many recipes and resources that are very basic and can get you started.
- Tip: Stick with what you are comfortable with and try a new recipe once a week.
- Take advantage of cooking classes and YouTube videos on “how-to” basics in the kitchen: KU Integrative Medicine Healing Foods Kitchen, Whole Foods, Natural Grocers, Kansas City Culinary Institute and more.

I can’t do this with my work/school schedule → “You are confined only by the walls you build yourself”

- You will likely be confronted with barriers at some point. Not every day will go according to plan and that’s okay. Strive to make the best decision when faced with challenges and use our resources/handouts to provide strategies for various situations.
- Tip: Let leftovers be your best friend. Cook extra portions at the evening meals or on the weekend to use for the week.

I can’t see the point of this anymore → “Believe you can and you’re halfway there”

- You’re in the driver seat! We strive to help you in any way we can but you are the one who makes the final decision. Discover the reason why you want to make these changes and focus on that why instead of focusing on the challenges.
- Tip: Find your drive. Find your inspiration. Find your why.

I can’t afford it → “Don’t judge each day by the harvest you reap, but by the seeds you plant”

- Remind yourself that this is about working towards wellness. If you think healthy is expensive, you haven’t priced illness lately.
- Tip: Use the coupons at the front of the store, shop for what is in season, and plan ahead to avoid spoilage.