

**OVERCOMING NEGATIVITY  
AND THE BURDEN OF  
“I CAN’T”**

# Outline



1. What is Negativity?
2. Life & Lemonades
3. Overcoming Negativity
4. Q & A

# Negativity



- **pessimistic attitude that always expects the worst**
- **attitude that always expects negative things to happen**
- **habitual skepticism and a disagreeable tendency to deny or oppose or resist suggestions or commands**

# Life & Lemonades - 1



- **Life will ALWAYS throw lemonades at you**
- **What you do with it is what matters**
- **Negativity: Inborn or Acquired?**

**Negativity: Inborn or Acquired?**

# Life & Lemonades - 2



- **All negativity is an illusion created by the limited mind to protect and defend itself** - *Ambika Wauters*
- **Negativity is cannibalistic. The more you feed it, the bigger and stronger it grows** - *Bobby Darnell*

# Overcoming Negativity: “I CAN” vs “I CAN’T”



- There will always be challenging situations
- You don't prepare for war in the time of war
- Your mind set before a situation is your greatest weapon
- Stay away from Negative People
- Know what you know & work on what you don't know
- You honestly can do more than you think!

# Overcoming Negativity -



## “I CAN” vs “I CAN’T”

- **When someone tells me "no," it doesn't mean I can't do it, it simply means I can't do it with them**

*Karen E. Quinones Miller*

- **To expect defeat is nine-tenths of defeat itself**

*Francis Crawford*



# Q & A





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