



## ***Getting the I Should's Off Your Shoulders***

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Many of us walk around with stacks of "I should's" on our shoulders. "I should have better clothing." "I should work harder." "I should be skinnier." Sometimes they serve to keep us on track toward success. Most of the time, they make us feel guilty and prevent us from accepting ourselves as we are. When we do something out of "I should," we're no longer operating out of choice.

Next time you catch yourself thinking "I should," try rephrasing it as "I can." This perspective removes the self-evaluation. It gives you options. "I can have better clothing." "I can work harder – if I choose to." The emphasis is on choice, which is a much more powerful place from which to operate. Of course, for every choice you make, there will be a reward or consequence. Make the choices that are in your best interest.

If some of your "I should's" get you results, great. Whatever works. But if you find some don't serve you, get them off your shoulders with "I can's," and then make a choice.

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*Motivational speaker Scott Greenberg gives live presentations and workshops all over America. For more information on his programs or leadership books, call 1-800-450-0432 or visit [www.scottgreenberg.com](http://www.scottgreenberg.com).*