



Thirty Day Challenge 2009 – Mindset – Day 05

2009KM05: Say Yes More

Running Time: 3mins



Intro

Hello, this is Karl Moore and welcome to another video on the human mindset as part of the Thirty Day Challenge.

Today, I'd like to chat about saying "yes" more, and how you can use these three simple words to truly change your life and enjoy more success and happiness.

Saying Yes More

We're all really great at saying "no", and I know that. It just easy to say "no" to emotions, to social invitations, to problems, to business opportunities. All of these things, it's easy just to say "no", and we've been programmed in our lives to say "no" more than "yes". But today I'd like to invite you to start saying "yes" more. And this is a great concept, recently popularized by the book and film, "Yes Man". The book was by Danny Wallace, by the way, much better than the film – highly recommended. And the concept is that you simply begin to say "yes" more to the things in the world

30 Day Challenge

there is no charge for awesomeness



around you. You say "yes" more to problems, to opportunities, to emotions, to invitations, to ideas, to suggestions. You start to take it all on board and what happens is that rather than swimming against the current, which is very hard work, you begin swimming with the current of life, as the Buddhist would say. You begin having a bias for "yes", as the Australians would say. You begin saying "Si, a todo" as the Spanish would say. You begin saying "yes" more, and that's a very powerful thing to do.

So, briefly, in conclusion, that's what I invite you to do today. In all of your work on the Thirty Day Challenge, I invite you to begin saying "yes" more and just see how many more opportunities come your way.

This is Karl Moore. Thanks so much for listening. I'll see you again very soon. Bye for now.

Links:

Karl's Blog: <http://karlblog.com/>