

Just decide to do it.

What's the Sherpas' secret for climbing hundreds of kilometres with huge loads on their backs? "They simply go. And they keep going."

In other words, they decide they are going to do it, and they get it done. They don't second-guess, they don't stress, they just do it.

They aren't stronger. They aren't smarter. They aren't more gifted. But they *are* in total control of their minds. They have a mental mastery that lets them do what they need to do, and what they want to do, without the hang-ups that make other people get stuck.

"The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe it 100 percent."

Arnold Schwarzenegger

"The most difficult thing is the decision to act, the rest is merely tenacity."

Amelia Earhart

"You have power over your mind, not outside events. Realise this, and you will find strength."

Marcus Aurelius