



The Limitless Women Podcast Can I Really Do This?

If you're asking yourself, "Can I really do this?", I want to remind you that you already have all the strength and tenacity you need. Know that things take time. In today's podcast, I want to share with you that ordinary people can do extraordinary things when they believe in themselves.

Want to skip head? Episode Highlights

- [00:27] You will learn how in today's episode yes, you CAN really do this!
- [01:40] Ask yourself this prompted question to make sure you are moving towards your goal and the vision you have for yourself.

Episode Transcript

[MC] Welcome to the Limitless Women Podcast. Our mission is to help women business owners, like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Here's your host, the founder of Limitless Women, Laura Gisborne.

[Laura Gisborne] You may be asking yourself, "Can I really do this?" In today's video, I'm going to show you how.

Scott and I got married ten weeks after our first date. People love that story, but what I want to tell you that's actually a little more exciting on my end is that not only did we fall in love quickly and take action, but that we stayed in love and have now been married for more than 20 years. We have a little card in our wedding album that says, "Those who say it can't be done should get out of the way of the people who are doing it." I remember my son in high school writing a paper at school about this as kind of my motto or my theme in life.

What I'm sharing this with you is this. If you're feeling like you've taken on this project, you're super excited, and you're at the same time feeling like, "Oh my gosh. What did I do? Can I really do this?" I want to remind you that most people underestimate what they can get done in ten years and they overestimate what they're going to get done in a year. Things take time. What you need to be focused on is, are you taking the actions on a daily basis that move you towards the goal and vision you have for yourself?



A thriving, amazing relationship that I get to experience today after 20 years didn't happen in the first ten weeks. It happened with daily practices on a regular basis, so I want you to be compassionate with yourself, understand that there's a process, and ask yourself, "Am I taking the action steps that are moving me towards the results that I want?"

And also, are you surrounding yourself with people who believe in you? You have to believe in yourself first and you need to really make sure that you're surrounded with others who not only believe in you, but are taking their own action steps to make life a beautiful experience for themselves. Ordinary people can do extraordinary things when they believe in themselves and they surround themselves with the right people.

[Laura Gisborne] Thanks for listening to the Limitless Women Podcast. This episode is an excerpt from a video series on business tips I created for you. If you find this valuable and want to have a deeper, longer training, visit the Limitless Women YouTube channel, subscribe and check out the rest of the series.

[MC] Did you know that Limitless Women offers an online community, a premiere business school and annual live events? Find out what Limitless Women has for you at LimitlessWomen.com.