

## Strength Comes From Within

–Written for COFW, April 2009 ©Carol Ann Erhardt

I believe writers are among the most sensitive people in the world. We care more, we love more, and we hurt more than a lot of others. But, that is what makes us writers. We pour out our hearts and souls into our characters. We can show the depths of despair, the heights of joy, and paint beautiful pictures with our words.

But we can also fall into a pit of self-pity in a heartbeat. A rejection can hurt and create self-doubt. A bad review can make us doubt our ability. Sometimes I read what I've written and cringe, thinking it's the worst piece of trash ever penned. That's when I'm wearing the "I can't" hat.

Henry Ford said, "If you think you can or think you can't, you're right."

That quote is taped to my computer monitor. The intent is to help me keep a positive attitude. Unfortunately, I sometimes forget to look at it.

Do you remember the little train that wouldn't give up and kept repeating, "I think I can, I think I can" until he reached the top of a hill and said "I knew I could, I knew I could?" That's the power of positive thinking.

So my advice is to look at Henry Ford's words every day and keep that positive mental attitude. This applies to all aspects of life, as a writer, a homemaker, a clerk, a mail deliverer, a teacher, an office worker, or whatever other day job you might have. If you take time to reflect on what you want to achieve and "think you can do it," you'll soon find a determination and drive that will lead to success.