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The "IF" Word

By Rick Beneteau

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I recall as a child being mildly scolded after coming home from Kindergarten and telling my mother all about the new word I had learned – the "F" word. Spray painted across some garage door on the way to school, I guess I thought it sounded like a neat addition to my vocabulary. Not!

Now, as an adult, there's a word that doesn't quite have the same phonetic ring, but sticks out as much as the aforementioned expletive whenever I hear it. It's the "IF" word!

As human beings, almost all of us have been raised in the genre of past generations replete with all the innocent but self-limiting behavior. And there's no better word to exemplify these stunting characteristics than "IF". "IF" only I had done this. "IF" things were just different now. What the real "F" word is to the vocabulary, "IF" is to the spirit!

The mere subconscious mention of this word, and phrases such as "I wish" puts us into that conscience state-of-mind where we believe we are powerless. Powerless to change what we in fact have the power to change. Once we believe it, we act accordingly and then of course, we become powerless.

Many of you who have read me in the past know that I don't preach the rhetorical "anything is possible" gospel, because only truly reachable things are. I try to bring a realistic plate to the table. However, I do believe and firmly, that our minds and our spirits are infinitely stronger than most of us believe. Taken in the reverse and to the extreme, we can be our own worst enemies!

Why? Again, because we have been immersed in the misguidance of our ancestry. Patterns of learned behavior permeate both our aware and unaware beings and sabotage our very existence. Growth is almost impossible when we believe we can't, or, believe not to believe.

A few years ago I was involved in the writing and production of a CD of motivational and inspirational music. Called "On My Way", it walked the listener through many dimensions of personal growth and "good stuff" for career success. One song that was not recorded for the project, was entitled "I Will"

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and it would be most appropriate for me to share the lyric with you here:

I WILL

Sometimes the hardest thing
Is simply to decide
To make the choice to change your life
To change it from inside
The journey's uneventful
With waters calm and still
Never clear destinations
Until you say – I Will

I Will because I can
I'll Do cause I believe
The strength I need to make the change
Is deep inside of me
I'll Walk where I have crawled
I'll Run til I can fly
My wings will fill with winds of change
The moment I decide

The power of decision
Is the greatest force on earth
Opening the hidden doors
To all the universe
The second you discover
The strength that stirs in you
You'll feel your dream within your grasp
Because you said – I'll Do

I Will because I can
I'll Do cause I believe
The strength I need to make the change
Is deep inside of me
I'll Walk where I have crawled
I'll Run til I can fly
My wings will fill with winds of change
The moment I decide

The promise of tomorrow
Is the vow I make today
New horizons will appear
The moment that I say...

The "IF" Word

I Will because I can
I'll Do cause I believe
The strength I need to make the change
Is deep inside of me
I'll Walk where I have crawled
I'll Run til I can fly
My wings will fill with winds of change
The moment I decide

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Please bear in mind that this is a song lyric and as such does not allow for the extended expression of say, an article, however, what is written here is in direct contrast to thinking, or worse, saying and acting out, the "If" word. Or, "I'll try" instead of "I'll do".

Not one to heartily subscribe to much of the mental exercise stuff found in books and on the lecture circuit (after all, we are only human and hate exercise of any description), my advice is very simple.

Whenever you catch yourself thinking, or saying the "IF" word – STOP IT! Erase that mental blackboard image and rewrite it with an affirmative. Say, for example, "I WILL do this the next time I am in the same position". Make your thinking about that particular situation a valuable and positive lesson learned.

As a matter of fact, the biggest favor you can ever do for yourself is to change every negative thought into a proactive one. After all, we are what we think!

Hey, and every time that you hear the real "F" word, think of the "IF" word and the fact that it's been removed from that garage door.

Rick is the author of 3 top-selling eBooks at: <http://www.interniche.net/ebooks.htm> and the purveyor of those amazing traveling billboards called I.D. IT! Plates: <http://www.iditplates.net> Subscribe FREE to The Mirror – Your E-chievement Ezine: <http://www.themirrozine.com>

10 Easy Spelling Rules to improve your spelling by 100's of times!

By Sacha of home-school-reading.com

Are you a good speller? It is hard to help your child with spelling if you have a hard time with spelling yourself. At the same time, if you are a great speller, it can be difficult to understand why your child is not a great speller.

What you'll find in this section is a listing of some spelling rules you and your child can learn, some links to free spelling sheets on the web and more.

The "IF" Word

1. Do you change the words you use when you write because, you might not spell the word correctly?
2. Would you be mortified if you sent correspondence out without spell checking it?
3. Could you live without a spellchecker?

If you answered YES to the first two questions, or NO to the last question, you your spelling has much room for improvement!

If you learn these 10 basic spelling rules, you can spell literally thousands of words!

1. E Ending Rule:

When a base word ends with an E and you add an ending that begins with a vowel, drop the E. Go to the Free Spelling Worksheet that teaches this spelling rule.

2. The CVC Rule:

When a word that is 4 letters or less ends CVC, and the next ending begins with a V, you must double the final vowel. $CVC + V = CVCCV$

3. The Vowel Changers:

When the letter Y or the letter W is at the end of a word, it acts like a vowel letter.

4. The Flighty Y Rule:

When a word ends Consonant and a Y (C+Y) and you ad an ending there must be an I in the word. Either the Y changes to I ($C+Y+ _ = C+I+ _$) or the ending has an I and it becomes ($C+Y+I = C+Y+I$).

5. Plural Rules:

To make a regular word plural, add a "S" If the word ends in the letter S, Z, X, SH, or CH, or a "C+Y" add an "ES"

6. The Disappearing E Rule:

When a word ends with a W, and you ad the ending EN, drop the E.

7. The Appearing AL Rule:

When a word ends with "IC" and you at the ending "LY" it must become "ICALLY"

8. Double the Fun Rule:

When the ending of a word is a short base CVC rule, follow the CVC doubling rule.

9. The ION Rule:

When a word ends in ION, another form of the word may end in OR.

10. The Exception Rule:

Every rule has an exception, so, don't be surprised if you find a word that doesn't follow these rules. . . but most of them do!

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Sacha Luria-Smith has been recognized for her teaching success on National Public Radio and Disney radio. She has also taught middle school in Oakland, CA. She is the author of the website <http://www.home-school-reading.com>.

10 Easy Spelling Rules to improve your spelling by 100's of times!

Abiding in the Word

Using Brainstorming to Find Keywords

F-E-A-R in the Job Search!

Applying the Word is Power

Over 185 Delicious Italian Dishes

Money Making Flashy Designs in a Box

The Ultimate Ad Tracking Tool

100 Instant PDF Templates

111 Egg Recipes



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