

Change Your Picture So You Can Change Your Performance

CONFIDENCE BUILDING STORY

I heard a true story that will help you understand the power of visualization. **Gunder** Burkeland was born in Norway. At the age of 2, **Gunder** contracted polio. His legs shriveled up and would not work. His parents would put him in a wooden box. They would tie a rope onto the box and pull him around in the box. In the winter time they had ski runners on the box, and in summer they put wheels on it. For several years he heard such things as: “You will never walk. You will never do anything or have anything. You will never amount to much. You will not live long.”

Can you imagine hearing all those negative words spoken about you? Maybe people have said the same thing about you. Can you imagine watching everyone walking around having fun, but there you are in a box? Do you feel like you have “legs” and great talents yet people around you keep trying to put you in a box and tell you that you will never amount to anything? If so, the rest of this story will encourage you.

One day his parents sat little 7-year-old **Gunder Birkeland** before a mirror. He looked into the mirror that day and saw a new picture of himself. He did not see himself trapped in that old, ugly box. He saw himself standing up like every normal kid.