

" I am CEO of The U-Can! Man LLC. There's Batman, Superman, Ironman, Spiderman, Aquaman, and then there's John The U-Can! Man. All six are in the business of giving HOPE, but The U-Can! Man is the only real human in the group. My mission: telling the people U-CAN!"



From 2004 through 2011, I was on a personal journey to discover why some people do not reach their full potential. I set out to personally interview people from around the world, but especially in America. This journey has led me to have honest conversations with people about what we all felt was keeping us not only from reaching our full potential, but also from excelling in whatever we did while moving toward our destiny. My experiences during these years opened my eyes to a problem that should have been obvious; after all, it's a universal condition and one that I had been dealing with my entire life without even realizing it. This problem was even affecting me during my 21-plus years in the U.S. Army, before I even started this venture. What I realized is:

### The Problem Is Being Told and Telling Yourself U-Can't

After identifying the problem, I was able to find the solution within the problem. The solution should have been just as obvious as the problem, but many people agree that it's something they have never thought of before. I quickly realized I was on to something. I personally adopted the solution in 2005, at the same time that I continued to validate the problem. Here's what I learned:

### The Solution Is Telling Yourself And Others U-Can!

The results were immediate for me, my family, my Army Team, and the people. I perform to my full potential. For results check out [www.johntheucanman.com](http://www.johntheucanman.com). I decided to capture my U-Can! Success story on my company website.

### Here's how my success affected:

1) Me, 2) My Family, 3) My Army Team, 4) The People, 5) Bishop Vashti McKenzie

### 1) Me

I made my assigned Chaplain recruiting mission for 33 consecutive months, during war. I'm currently a college junior with a 3.73 GPA. Compare that to the 2.07 GPA I had after four years of high school—back when I was telling myself and being told U-Can't.



## 2) My Family

My wife and I are proud to be the parents of five A/B students. Our oldest son, Joshua, graduated high school with honors in 2011 and then made the Dean's List during his first semester of college. Every day, without fail, I tell them U-Can!



## 3) My Army Team

We made our assigned Mission for 11 quarters (33 months): January 2005 – July 2007. We were the first Chaplain team ever to achieve our yearly mission in the third quarter—and all of this was done during wartime.



#### 4) The People

Many people have shared with me that they needed a good dose of U-Can! Life has such a way of telling us U-Can't. My family would often ask me why so many people have a look of shock on their faces after hearing U-Can!



#### 5) Bishop Vashti McKenzie 5 Sermon Messages Below



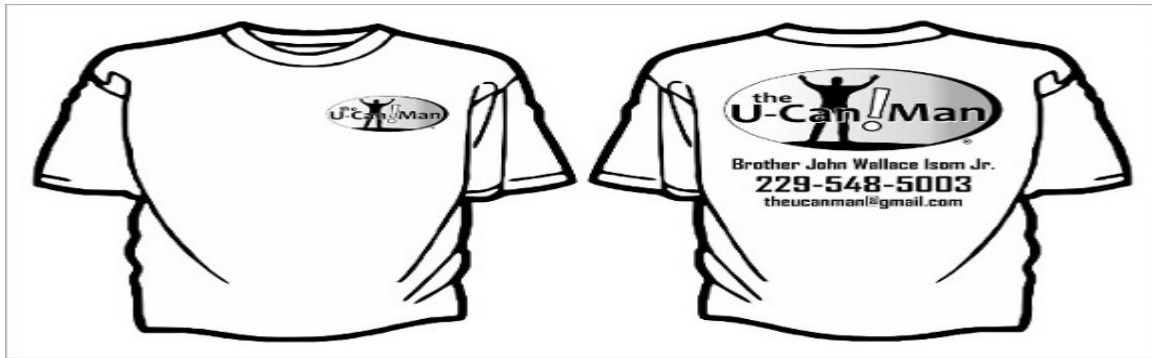
**Bishop McKenzie challenged me to live four sermons she delivered in 2007 and 2009:**

- 1) Be a River and a Reservoir- Ezekiel 47:1-13 (Feb 2007, Boston, MA)
- 2) Be about Preaching Good News in Hard Times- Exodus 4:10-12 (June 2007, Hampton, VA)
- 3) Realize that Our Lord Jesus Majors in Change- 1 Samuel 2:13-23 (June 2007, Hampton, VA)
- 4) Pray Always and Live Every DROP of Good- Ephesians 6:19-20 and Romans 8:28 (June 2007, Hampton, VA)
- 5) Seek First the Kingdom of God Operating Systems- (January 29, 2009, Louisville KY)

### **How The U-Can! Man Shirt and the Identified Solution Work**

Just like the globally famous Nike logo stands for and tells us “Just Do It,” The U-Can! Man LLC logo stands for and tells us “U-CAN!” John The U-Can! Man is telling the people U-Can! through 7 key Focus-Approach-Motivation methods (7-FAM):

1. The U-Can! Man Telling People U-Can!
2. The U-Can! Man Website
3. The U-Can! Man Song
4. The U-Can! Man Book (Return To Honor: A Soldier Story)
5. The U-Can! Man College Story (From 2.07 U-Can't to 3.73 U-Can!)
6. The U-Can! Man's Children's Grades (All A's and B's)
7. The U-Can! Man LLC (and FHTM Partnership on [www.johntheucanman.com](http://www.johntheucanman.com) )



U-Can! Man logo saying “U-Can!”

Nike logo saying “Just Do It”

When you read and use the 7-FAM, you hear U-Can!

When you happen to see the logo, you hear U-Can!

When you think U-Can't, look at the 7-FAM and hear U-Can!