I Can

Use this checklist as a reminder of the important steps you can take to develop an "I Can" attitude. You'll soon discover that you've become action-oriented, say "I Can" instead of "I Can't!"

Combating Self-Doubt

- [ ] Don't take criticism personally
- [ ] Find ways to improve your skills
- [ ] Think about past successes
- [ ] Break the problem or task into manageable pieces
- [ ] Delegate what you can

Changing The Negative Mindset

- [ ] Avoid exposure to negative images
- [ ] Pull out your action plan and examine your goals
- [ ] Examine your strategy for achieving those goals
- [ ] Decide how to get what you're life is lacking
- [ ] Make new goals to get what you want
- [ ] Devide your goals into achievable steps
- [ ] Establish support groups and lean on them when necessary

Finding Your Positive Attitude

- [ ] Be thankful
- [ ] Be flexible
- [ ] Journal your thoughts
- [ ] Use personal mantras or positive affirmations daily

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