

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

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Be thankful

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Be flexible

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Journal your thoughts

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Use personal mantras or positive affirmations daily

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