

The



Worksheet

# The “I Can” Worksheet

## Combating Self-Doubt

What are some of my past successes?

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## Changing The Negative Mindset

What do I feel that I’m lacking in my life?

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What can I do to add these things to my life? Put this in terms of specific, realistic goals.

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Divide your goals into detailed, achievable action steps or tasks that will lead to your goal. Then *take action* to complete these steps and realize your goals.

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## Finding Your Positive Attitude

What am I thankful for?

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Who can I invite into my support group?

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How can I be more flexible?

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Write a personal mantra or affirmation that will serve as daily motivation.

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*Mini-Journal:* What are some of my thoughts, feelings, or issues about my relationships, work, or home life that I'd like to release?

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