

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
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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
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Finding Your Positive Attitude

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