

The



Checklist

The “I Can” Checklist

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, saying “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.
- _____ Divide 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.