

The



Worksheet

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The “I Can” Worksheet

Combating Self-Doubt

What are some of my past successes?

Changing The Negative Mindset

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

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

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.

Finding Your Positive Attitude

What am I thankful for?

Who can I invite into my support group?

How can I be more flexible?

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

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