

## CAN'T LIST:

In the space below write everything you think you can't do or achieve.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**If You Can Believe It, You Can Achieve It!**

“No matter how bad it is, and no matter how bad it gets, I'm going to make it! I choose to believe in myself!”

## CAN LIST:

Using the list above change the wording and write how you CAN achieve your goals.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.