

# I CAN Do this !

My Name is:

What is a goal you want to work on?

Sometimes I listen to music or read. My favorite song or quote to keep me inspired is...

I am most proud of achieving this goal...

I reflect on mistakes I made and learned...

List 2 things you will do to work toward this goal.

The next time I take a risk and try something new, I will tell myself...

I worked really hard to...

When I'm feeling stuck, I talk to...

