

Week 2: The Power of I CAN

Start Date: _____

“I can do AMAZING things!”

Whether you think you can or think that you can't,
your mind will believe you so better to chant
that you *know that you can* and then go and do.
And you will be awed at the awesome of you!

Each day this week, write something that you can do. Then check it off after you did it. 😊

Check it off!

Day 1: I can _____

Day 2: I can _____

Day 3: I can _____

Day 4: I can _____

Day 5: I can _____

Day 6: I can _____

Day 7: I can _____

Reflections, Thoughts, & Doodles: