

# 'I Can' Statements

There are ten statements below that all start with 'I can'. Think about all the things you CAN do. There are a few examples to help you get started.

- **'I can'** make other people smile.
- **'I can'** be what I want to be.
- **'I can'** be brave.
- **'I can'** see that I have lots of special qualities.



I can \_\_\_\_\_

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Keep this page safe and take some time to read them through. If you ever worry or start to doubt yourself, please look back through these statements and remind yourself of all the amazing things you CAN do.

Why not pick out your favourite one and make it a positive affirmation that you can say to yourself every day.

**My choice of positive affirmation is:**

I can \_\_\_\_\_