

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 _____

I can _____

I can _____

I can _____

I can _____

I can _____

I can _____

I can _____

I can _____

I can _____

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.