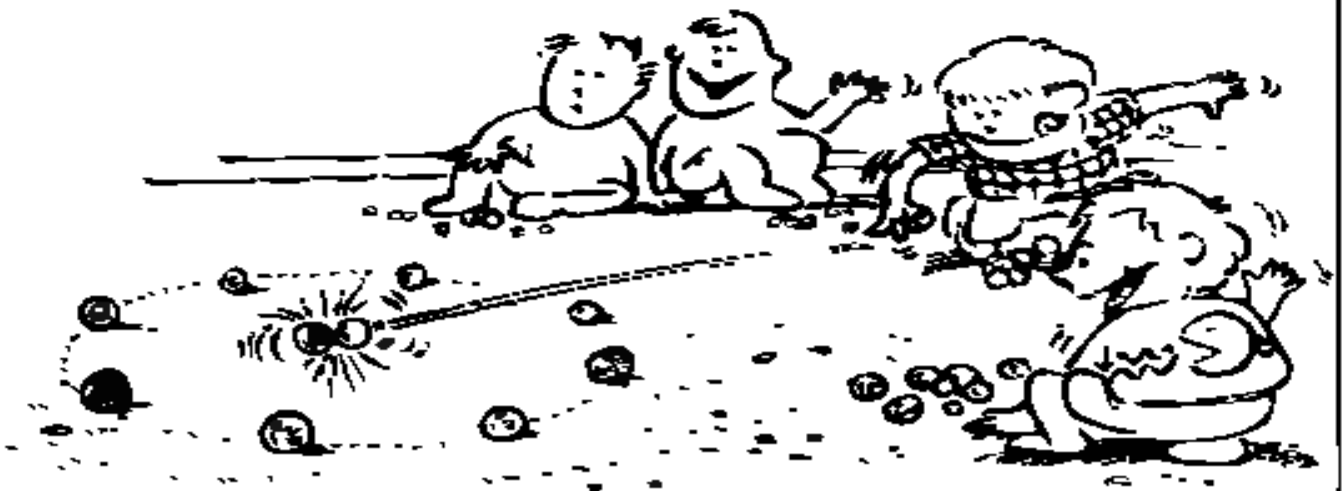


# THINGS I CAN DO

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**EXAMPLES :** I can sing ; I can jog 1km ; I can knit ;  
I can paint ; I can spell ; I can read ; I can ride a bike ;  
I can play marbles ; I can write ; I can do cart-wheels.



There are lots of things about yourself that you have learned to do. Think of the things you have learned to do, even the small things, because you can be proud of those achievements, of those times when you accomplish something after using determination, or called on your inner strengths to do something that was a challenge. You can feel confidence from those times where you had to stretch past previous limits, or times when you decided to do what you had to do even when you did not want to...and you learned something new. Write in ten things you can do, for these are good and valid reasons to feel confidence in yourself. Add to this list every birthday to give yourself courage and strength to be ready to try new and challenging things. I am one of many Seeds for Kids & Teens Self Esteem ...print more at: [www.goodwillpeople.net](http://www.goodwillpeople.net)