



# I Can Be Anything!

Following the example your teacher models for you, fill in three statements of things you know you could do if you really put your mind to it. Next, add what the little voice might say that could undermine your confidence. Then respond to the little voice and assert why you can do it!

**1. You:** I can be anything. I will write a book about my amazing, silly cats.

**Little Voice:** No, you can't. You will quit before you finish.

**You:** I won't quit. I'll turn on the music really loud so I'm not distracted, reread what I write, and keep going! Maybe a friend will help me if it gets hard.

**2. You:** \_\_\_\_\_

**Little Voice:** \_\_\_\_\_

**You:** \_\_\_\_\_

**3. You:** \_\_\_\_\_

**Little Voice:** \_\_\_\_\_

**You:** \_\_\_\_\_

**4. You:** \_\_\_\_\_

**Little Voice:** \_\_\_\_\_

**You:** \_\_\_\_\_

**5. What is something you tell yourself to keep going when you feel like something is too hard?**

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