

30-Day I CAN Challenge

Instructions: Each day, write one action you took that reflects the I CAN mindset.

Day 1: _____

Day 2: _____

Day 3: _____

Day 4: _____

Day 5: _____

Day 6: _____

Day 7: _____

Day 8: _____

Day 9: _____

Day 10: _____

Day 11: _____

Day 12: _____

Day 13: _____

Day 14: _____

Day 15: _____

Day 16: _____

Day 17: _____

Day 18: _____

Day 19: _____

Day 20: _____

Day 21: _____

Day 22: _____

Day 23: _____

Day 24: _____

Day 25: _____

Day 26: _____

Day 27: _____

Day 28: _____

Day 29: _____

Day 30: _____