

## 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: \_\_\_\_\_