

# Why I Can Do This

Help your child think through how to get from "I can't" to "I can try."

What I think I can't do

---

---

---

---

---

Why I think that

---

---

---

---

---

What I'm afraid of

---

---

---

---

---

Why I should try

---

---

---

---

---

How I'll keep these challenges from standing in my way

---

---

---

---

---

