

ican...
Think it

Activity



ican... Think it

Developing a healthy mindset

Changing the way you think – your mindset can change your life. And the exciting thing is you have the choice to do this.

Every day life dishes up all sorts of Events (E), but however good or bad these events are, it's the way we Act (A) and Think (T) about them that makes all the difference. Life is 5 % about what happens to us and 95 % how we choose to respond to what is happening to us.

Learn from role models

Think about your role models in life – people who are important to you, have made a difference, people you believe in and people you really aspire to be more like. They may not be famous people but ordinary members of your family, friends or community who inspire you.

Ask yourself:

- What has shaped them to be who they are?
- What positive thoughts do they use to overcome challenging events?
- What words of advice would they give you?

It may also be worth looking at the **iCan Phrases** at the end of this section which summarise what other people have said as they have gone through their lives. You may wish to circle the ones that you feel could be particularly helpful to you as you try to develop a healthy mindset or perhaps make a note of them in the Think It section of your **iCan Poster**, (Welcome Resources).

Learn from experience

Now take a look at these different **Plate Images** that may represent aspects of your life and think which two or three have played a significant part in your life up to this point. In what way have these been significant? Consider which two or three you feel are particularly current at the moment. What can you do to think and act positively to deal with these just now?

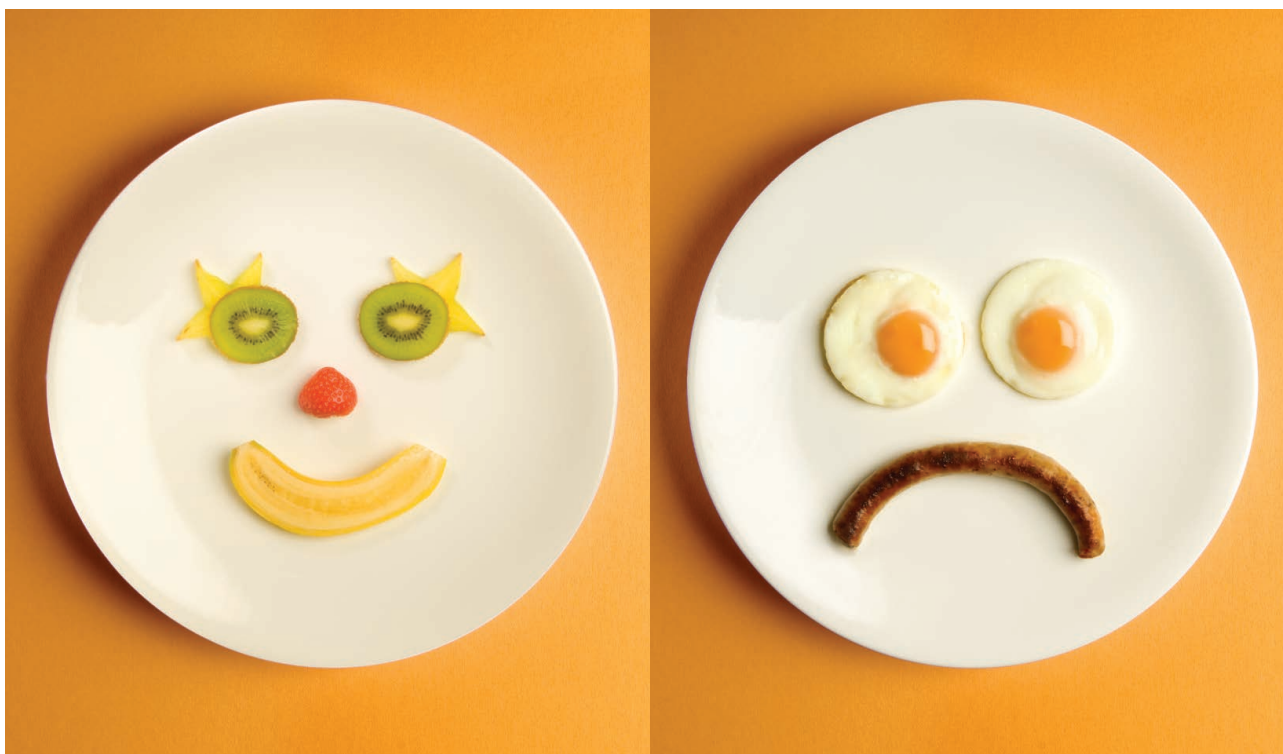
Make a note of the plates you have picked that represent you now, along with any actions you have thought of to help you deal with these and to help you remember these, make a note in the Think It section of your **iCan Poster**.

Develop a habit

Finally think again about the **Week of your Life** (Ref: Welcome Section) and imagine you are on a different day – perhaps Wednesday midday – you are 30 yrs. old – which two or three images do you feel you would want to choose now? What positive thinking habits do you feel you would need to develop to help make these images a reality?

Again, make a note of the images you have chosen and any actions you may need to take in the Think It section of your **iCan Poster**.

Remember it is not the event that is the issue but rather the way you act and think about it.



EAT = Event
Action
Thinking



Emotional wellbeing



Passions



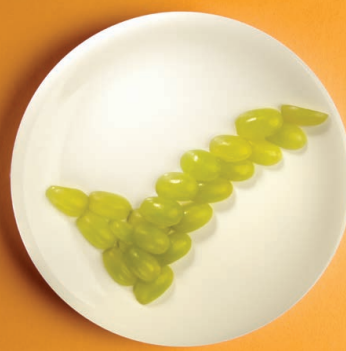
Friends



Security



Difference



Health



Family



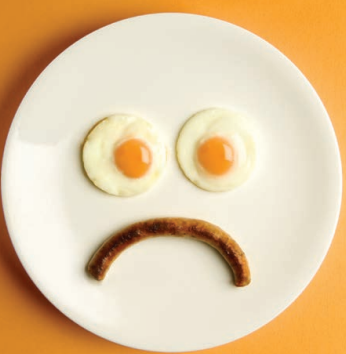
Death



Opportunity



Money



Sadness



Focus



Happiness



Roles



Disasters



Celebration



Surprises



Work



Learning



Challenges



Values



Change



Success



Mess

I can take control – not allow anyone or anything to control me. I have the right to choose

I can give myself some time to think – no need to panic but invest some time in this to listen to myself and my gut feelings – I'm the one who knows me the best so trust and believe in myself

I can do this – if it matters enough to me and I care about it enough then I can do it

I can build on what I have experienced so far. Whether good or bad I have learned lessons which I can use to now look forward and take my next steps

I can talk to others and ask for help when I am struggling – I can listen, get their views and input, not be afraid to say I am stuck but still make my own decisions on what I want to do

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I can make mistakes and not get it right all the time – that is how I'm going to learn and grow by not getting it right all the time but by learning how I might do it differently next time

I can enjoy the journey – see this as an adventure that I am having which will enable me to do what I love, using what I am good at, with people who I care about, for a purpose I believe in and have a great time along the way

I can try different things out to find out if I like it – only then can I truly know whether this might be for me or not

I can choose the way in which I want to do this – I can decide when and where and how

I can try things that may be a bit scary and out of my comfort zone – I can still choose to have a go or walk away

If you think you
can or you think
you can't you
are right.

Henry Ford – American Industrialist
and Founder of the Ford Motor Company