

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

**i**can...

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