



Believing you can do something comes from a place of curiosity and confidence  
While believing you should do something comes from a place of judgment. Learn to approach yourself with "can" instead of "should"

**What is something you feel you should do?**

**Why do you feel you should do it?**

**Do you want to do it?**  
YES/NO

**If the answer is no, what can you do instead?**

