

THE “I CAN” RESET

A 5-Minute Reset When Doubt Shows Up

Tim Culpepper | Tim Says I Can

Sometimes nothing is wrong — you’re just stuck in the wrong story.
This one page helps you reset your thinking and move forward.

1 What am I facing right now? *(Name the situation.)*

2 What “I can’t” thought keeps showing up? *(Be honest. That’s the point.)*

3 Rewrite it using I Can language *(Not hype. Just truth you can stand on.)*

I can _____

4 What is ONE action I can take today? *(Small beats perfect.)*

5 Commitment

Even if I feel unsure, I commit to taking this step today:

_____ Date: _____

FINAL REMINDER

Fear isn’t the enemy.
Letting fear make decisions is.

Everything you want exists on the other side of fear. **Tim Says I Can.**