

THE "I CAN!" POCKET PRIMER©

A Mental Model You Can Take With You

Pocket Primers© are simple trigger tools to prompt your attention.

After you have had an opportunity to review the "I CAN!" Model Exercise...

Print and cut out this business card sized Pocket Primer©

Put it in your pocket or purse

Then whenever you'd like, you can easily ask yourself the four questions offered in the exercise.

Fold here —>

EvokeYourGreatness.com

Mental Models You Can Use to Evoke Your Greatness!

A Pocket Primer©

I CAN!

Ask Yourself?

I ntention	<i>What is my Intention?</i>
C ongruency	<i>Is my self-talk in alignment with my intent? What do I need to believe about my intention?</i>
A ttention	<i>Is my attention on what I want or what I don't want?</i>
N urturing	<i>Am I revitalizing myself with the joys of my life?</i>