

# CAN'T IS FOR QUITTERS!



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# YES I CAN

BY MELODY SHUMAN

When I have no goals and nothing to try, I will say "Yes I Can," I'll have **AMBITION** to reach for the sky!

When I am nervous and scared, and my eyes have tears, I will say "Yes I Can," I'll have **COURAGE** to face my fears!

When things are challenging and I can't reach the top, I will say "Yes I Can," I'll have **PERSEVERANCE** and never give up.

When I feel like no one ever notices me, I will say "Yes I Can," and show **RESPECT, HONOR, and INTEGRITY!**

When I feel like I'm weak with nothing to show, I will say "Yes I Can," I'll build the **STRENGTH** to grow.

These are the traits that will brighten my future, by saying "Yes I Can," I will be my own teacher.

So if you ever feel like you just can't do it, Say "Yes I Can," and you too will get through it!

