

I AM AND I CAN

Whether you want to develop self-reliance yourself, or you'd like to help your child on their own journey of development, here are some tips.

1. Accepting yourself, and being your own best friend.
2. Inner confidence.
3. Making your own decisions.
4. Recognize and manage dependence.
5. Accept yourself for who you are.



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6. Having your own values.
7. Not relying on 'things' to feel happiness.
8. Decide who you want to be, and how you want to get there.
9. Getting Organized
10. The Self-Reliance Scale:
 - I am someone you can rely on;
 - I can solve difficult problems by myself;
 - If I have a problem, I can usually work it out;
 - Others ask me to help them;
 - I am dependable;
 - My friends come to me for help;
 - I am good at making decisions; and
 - I am reliable

MAKE YOUR DAY JOYFUL.



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