

# CAN'T

VERSUS

# CAN

How a change in mindset can change your run

#TGCR

[www.thesegirlscanrun.weebly.com](http://www.thesegirlscanrun.weebly.com)

"I can't run"

"I'm going to try my very best"



"Everyone is better than me"

"Others inspire me not to give up"



"I give up"

"It may take time but I can do it!"



"I'll be at the back, how embarrassing"

"Who cares? I'm still trying"