Before we write our own You Can Do It story, let’s do some brainstorming:

What stories make you dream big? How do you find your heroes? What inspires you?

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In these stories, character often have big dreams for themselves, or they want to help their friends and family; these stories are filled with characters who feel uncertain or believe things about themselves that make them feel like their goals will be hard to achieve. They might think they’re too small, or be told that farmers daughters can’t grow up to be brave warriors.

These characters struggle with things both ***internal*** (or what happens inside their headslike the negative things they believe about themselves, or the doubts that they have) and ***external,*** like what is happening in the world around them(the things that happen in their lives, families, and communities that create obstacles for them).

When we write our *own* You Can Do It stories, we can use these ideas as a starting point to come up with our own characters and stories!

Let’s begin by answering the following questions.

My character wants \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My character believes or is told this about themselves that makes them feel like they can’t accomplish what they want (these are the ***internal***struggles, or what is happening inside the characters head): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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My character is dealing with these ***external*** issues (or the problems that are happening in the world around them):

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How do these **external** and **internal** struggles make it hard for my character to get what they want or achieve their goal?

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What are ways that internal or external struggles might be a strength or give my character new opportunities? For example, if my character is always told by her teachers and parents that she is too loud, can she use her voice to stand up for her friends who might be getting picked on by classmates? If my character is teased for being the tallest boy in the class, can he find himself at advantage when helping his friends build a treehouse?

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Now that you have some information about your character, you’re ready to write your own You Can Do It story!