The role models in the video “Be Confident” share advice about building confidence.

Watch the video “Be Confident” at least once. Then read each statement below. Think carefully about each question before you answer it.

1. The video explains that confidence builds over time. This means that you have more confidence as you get older and have more experience.

   What is one way you are more confident now than when you were younger?
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

2. Two people in the video say confidence is about believing in yourself.

   What does it mean to believe in yourself? What is one way you showed that today?
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

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3. You heard someone in the video say, “You can do amazing things if you apply yourself.” When you apply yourself, you work hard to reach a goal.

What is a goal you have? What steps can you take to apply yourself in reaching your goal?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

4. In the video, listeners learn that “there’s a lot of power in you being you.” Part of knowing who you are is understanding your strengths.

If your friend named three things you’re really good at, what would she say?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

5. A speaker in the video tells listeners that the best thing you can be is exactly who you are.

How would you explain to a younger child what it means to be exactly who you are?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
6. Another speaker in the video gives this advice: “Know that who you are is awesome!”

What other words could you use for **awesome**? Complete the sentences with new words. We did one for you!

Know that who you are is ____________ outstanding !
Know that who you are is ______________________
Know that who you are is ______________________
Know that who you are is ______________________
Know that who you are is ______________________

7. You learned in the video that having confidence can help you keep your dreams alive.

Do you have a dream for your future? Draw a picture that shows the future-you living your dream. Fill in the speech bubble to tell about your dream.