

JUNE 2017

POWERFUL PROJECT

CONFIDENCE

Teens & Adults



First & Last Name: _____

The Powerful Word of the month is confidence. Confidence is belief or trust in yourself, others or a situation. What helps you to feel more confident and what wears away at your confidence? Answer below.

In new situations, what helps to fuel your confidence?

What tends to wear away at your confidence?

What do you do to boost your confidence in **challenging** situations?

What advice can you give kids/teens who may have low confidence?
