



VALUE WORKSHEET # 1



Confidence

Being CONFIDENT is believing in yourself. It means saying "I can" instead of "I can't."

_____ What are three ways that you can have confidence at school?

1.

2.

3.

_____ What are three ways that you can have confidence at school?

1.

2.

3.

_____ Show confidence at a sporting event, such as a soccer game or a Taekwondo color belt testing.

_____ Show confidence in school and at Taekwondo by being the person to raise their hand or volunteer for something.