

Name _____

Becoming the Superhero of Confidence: Unleash Your Inner Power

Multiple Choice Questions

1. What is confidence compared to in the passage?
 - a) A superhero's cape
 - b) A treasure chest
 - c) A magic wand
 - d) A puzzle piece

2. What is the importance of embracing self-acceptance in building confidence?
 - a) It allows you to set unrealistic goals.
 - b) It helps you become like everyone else.
 - c) It enables you to embrace your unique qualities.
 - d) It makes you overly critical of yourself.

3. Why is it suggested to set achievable goals on the path to confidence?
 - a) To avoid setting any goals at all
 - b) To experience constant failure
 - c) To boost confidence with each small success
 - d) To overwhelm oneself with huge challenges

4. What does practicing self-compassion involve?
 - a) Being overly critical of oneself
 - b) Being kind and supportive to oneself
 - c) Ignoring one's mistakes and setbacks
 - d) Comparing oneself to others constantly

5. Why is it important to face your fears on the journey to confidence?
 - a) Because superheroes never experience fear
 - b) Because facing fears makes you less confident
 - c) Because conquering fears strengthens your confidence
 - d) Because fears should always be avoided

