

Name _____

Becoming the Superhero of Confidence: Unleash Your Inner Power

Open-Ended Response Questions

1. Share a personal story about a time when you struggled with self-confidence. How did you overcome this challenge, and what did you learn from the experience? How has this impacted your confidence in similar situations since then?
2. Imagine you have a friend who often doubts their abilities and lacks confidence. Write a letter to your friend, providing advice and encouragement on how to become more confident in who they are. Offer specific strategies and examples to support your advice.
3. Discuss a skill or interest you are passionate about and have worked hard to develop. How has your dedication and progress in this area boosted your self-confidence? What advice would you give to someone looking to build confidence through skill development?
4. Reflect on a recent achievement, no matter how small, that you celebrated. How did acknowledging your success affect your confidence and motivation? Share the steps you took to celebrate and why celebrating achievements is important.

