



Student's Name _____

Belt Rank _____

DUE DATE

September 2022

Remember these sheets are your responsibility, not your parents



Yuen's Family Martial Arts Centre

CONFIDENCE

"Nothing can dim the light that shines from within."

What's Confidence?

Activity: Identify Your Strengths

When we have a good, strong self confidence, we know what we like about ourselves. We also know what we can do well. We know we must work hard to get better and when we make a mistake, we don't let it change how we feel about who we are.

Think about all the things that make you feel good about who you are and what you can do. Everyone is unique and everyone has strengths – what are yours?

One thing that my brain can do well is (ie. puzzles, math, etc.)

.....

Three friends who help me feel good about myself are

- 1.....
- 2.....
- 3.....

And they make me feel supported by:

.....

.....

One thing I say to myself when I'm trying to reach a goal is

.....

.....

Three grown ups who I know I can turn to when I need help are:

- 1.....
- 2.....
- 3.....

Complete the sentence using words below, or use your own!

I am _____ & _____,
and I can do anything I put my mind to!

- LOYAL FUNNY RESPONSIBLE**
- INTELLIGENT BRAVE UNDERSTANDING**
- MOTIVATED FRIENDLY PATIENT**
- ADVENTUROUS GIFTED RELIABLE**
- POWERFUL STRONG EASY GOING**

Four things that I think my body can do well are:

- 1.....
- 2.....
- 3.....
- 4.....