

Have the Belief You Can Improve

Confront Fears:

Don't let a fear stop you. Take small steps and continue to move forward. Continue with a 'can do' attitude.

Inner Strength:

Use your self-talk, think of previous victories to draw on your inner strength.

Trust in Yourself:

Cast away the self-doubts and trust in yourself. Remind yourself frequently that you can do this.

Your task:

For each area below, identify your strengths / weaknesses by adding S or W in each column and explain why it is a strength or weakness. For each weakness – state a goal for improvement.

Confront fears	Inner Strength	Trust in Yourself

Math:

Science:

Physical activities:

Geography:

Reading:

Writing:

Art:

Music:

Hobby: _____

Problem Solving: