



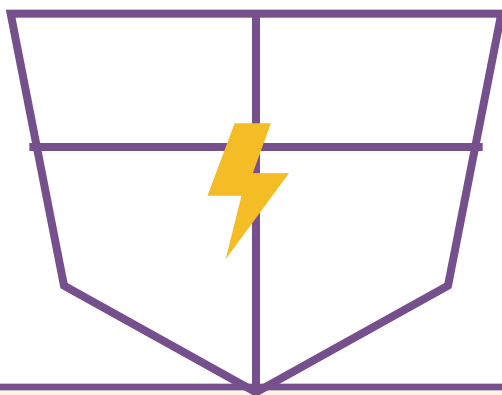
BOOK 3 ACTIVITY

The Confidence Quest

Confidence grows one brave little step at a time.

MY STRENGTH SHIELD

Draw or write one thing you are proud of in each part.



BRAVE STEP

Something I want to try even if I feel nervous:

I CAN TAKE ONE STEP

MY THREE-STEP COURAGE LADDER

Break your brave step into three small moves. Start with the easiest one.

1 START HERE

2 KEEP GOING

3 I DID IT!
