

## Strengthen Self-Concept to Build Confidence

Choose a trait that is important to you.

*Tell, write, or draw to give an example that shows how you have that trait.*

|                      |                   |
|----------------------|-------------------|
| <b>collaborative</b> | creative          |
| <i>flexible</i>      | <i>thoughtful</i> |
| open minded          | organized         |
| <i>responsible</i>   | helpful           |
| <b>determined</b>    | <b>resilient</b>  |
| independent          | <i>empathic</i>   |