

Name: _____

Yes, You Can!

Directions: The article “Within My Reach” (page 12) outlines many sources of self-confidence and strategies you can use to bolster it. Look at the examples below, which are from the story, and fill out the chart to explore some of the abilities you have. Then offer ideas for a friend, classmate, or someone else you know.

WHO	CONFIDENT ABOUT	SECRET TO SUCCESS
Andrew	His opinions and his basketball skills, even on bad days	Tries to not worry about the “small stuff” and believes in himself
Alyssa	Her ability on the tennis court	Applies the concentration skills she’s gained from tennis to her schoolwork
You		
You		
A friend, classmate, or someone else you know		