



Civil Air Patrol

CONFIDENCE

Values for Living—Cadet Character Development Forum

WORKSHEET

Most of us will struggle if asked, “What do you do well?” We all have talents, skills, and strengths, but we rarely speak about them directly. Use the attached worksheet to explore possible sources of confidence.

- Something I did for someone else:

- A compliment I received recently:

- I was happy for someone else when:

- I was proud of myself when:

- A goal I achieved recently:

- Today I had fun when:

- Someone I consider a friend:

- A person I can trust:

- Today was interesting because: