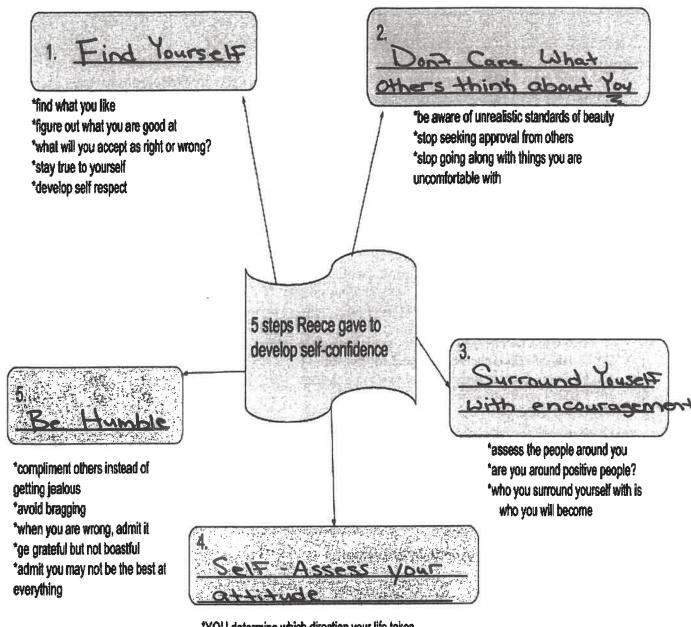
Name:

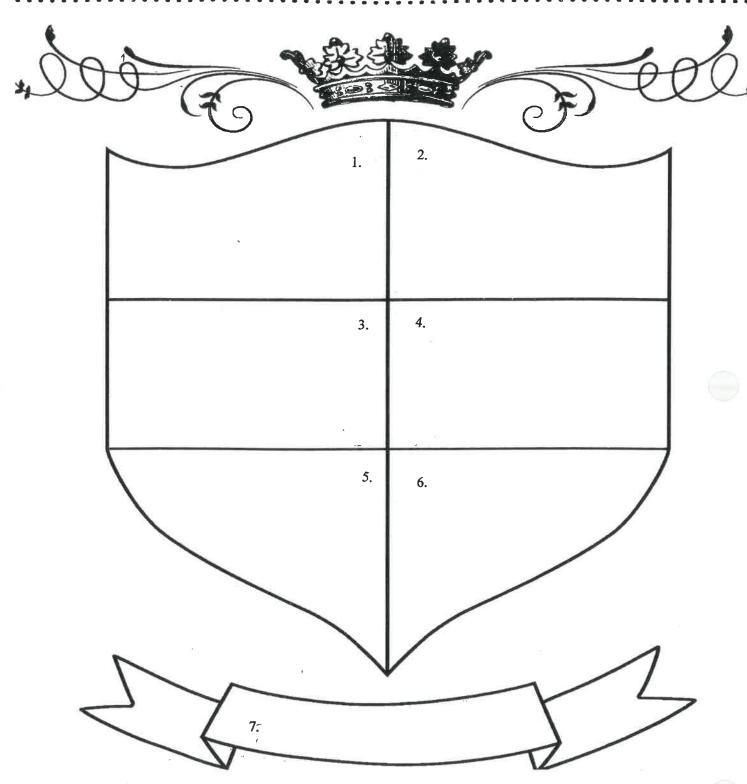
Ted Talk Questions: "Lessons on Self Confidence from a Teenager"



\*YOU determine which direction your life takes
\*get rid of barriers you are putting up for yourself
\*change negative thoughts of yourself and others
\*forgive

"what environment are YOU creating?
"what "chains" do you have holding you back?

## PERSONAL COAT OF ARMS



7. Name

- 1. At least 3 goals I would like to accomplish
- 3. An obstacle I have overcome or bounced back from
- 5. A weakness I'm acknowledging or working on to improve
- 2. At least 3 things I do well and/or enjo
- 4. The best compliment I have received
- 6. My greatest character strengths