

Worksheet for Life Lesson 4: The “Get Good at Something That Matters” Challenge

One way that you can begin to grow in confidence is by getting good at something that matters to people your age. So if you want to become a little more confident, the first thing that you need to figure out is, “What matters to kids my age?” Does anyone in your class care if you are good at a particular video game or fantasy card game? Do kids in your class look up to someone who has mastered the complexities of Minecraft? Even though playing these games is fun, unless being good at them really matters to other kids, your skill won’t build your confidence. How about being good at playing basketball or some other sport? Or playing a musical instrument and being part of the school band? Do these abilities matter? If so, getting good at these kinds of activities would boost that sense of inner strength or confidence.

Because it’s been a long time since your parents have been in school, they probably don’t know what matters to kids your age. So take a few minutes and write down what you think. Think about the kids in your class who seem to be confident. What do they spend their time doing? Fill in this Top 5 list.

Top 5 List: What Activities/Skills Matter to Kids My Age

1. _____
2. _____
3. _____
4. _____
5. _____

OK, now that you’ve got the list, look it over. Decide which one of these activities you are going to start doing in the coming month. Write down the new challenge that you are going to take on:

This month, I’m going to work on getting good at: _____

