

Worksheet for Life Lesson 5: Bravery List

Everyone, and I mean everyone, is afraid from time to time. But the truth is that if you can somehow get yourself to step forward and do what you are afraid of, you will grow in confidence. If you don't, then you'll stay scared. One way to gain confidence is to take on some of your fears. Start by writing down the first thing that comes to mind in each of the following situations:

When I'm at home, I feel scared or worried when

1. _____
2. _____

When I'm at school, I feel scared or worried when

1. _____
2. _____

When I'm at the playground or park, I feel scared or worried when

1. _____
2. _____

(continued)

Worksheet for Life Lesson 5: Bravery List (Continued)

When I'm playing sports, I feel scared or worried when

1. _____
2. _____

When I'm performing in front of others (like giving an oral presentation, playing music, doing gymnastics, dancing, or acting in a play), I feel scared or worried when

1. _____
2. _____

When I go to a store or a restaurant with my parents, I feel scared or worried when

1. _____
2. _____