**Three Tips to Boost Your Confidence**

[**https://tinyurl.com/confidenceboost19**](https://tinyurl.com/confidenceboost19)

****

1. **The belief that you are valuable, worthwhile and capable is also known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
2. **A person’s confidence level is impacted by: (1)**
3. Their genes
4. The social pressures in their environment
5. The risks they choose to take
6. Their responses to challenges and setbacks
7. All of the above
8. **Some quick ways to feel more confident before a challenge are: (1)**
9. Give yourself a pep talk
10. Strike a power pose
11. Imagine yourself succeeding at first
12. Practice failure
13. None of the above
14. All of the above
15. **This statement is an example of a “fixed mindset”: (1)**
16. “It doesn’t matter how hard I try; there are some things that I will never be able to learn”
17. “With hard work and a lot of practice, I can learn anything”
18. **This statement is an example of a growth mindset: (1)**
19. "I wasn't born with natural talent for sports, so I'll never be good at them, and this is why I don't play them"
20. "Learning and playing sports that are challenging to me, even when they are difficult, helps to develop my talent"
21. **The best way to increase your confidence after you have failed at something is to: (1)**
22. Immediately quit. Obviously you'll never be good at it, so you should just give up
23. Find someone else to blame... it's best if the failure wasn't your fault
24. Acknowledge your failure, figure out what went wrong, think of different strategies or get some advice on how to be more successful, then try again
25. Switch to doing something you know you are good at, and then stick to doing only the things that you are certain you will find success
26. **In what ways does feeling confident help a person succeed in their everyday life? (2)**
27. **Studies show that those who fail regularly, but keep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ anyway are better equipped to respond to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and setbacks in a constructive way. They learn how to try different \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, ask others for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and persevere. (2 points)**
28. **Give some examples of things people might say which indicate they have a fixed mindset? How would you correct these statements to help them develop a growth mindset? (2)**