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# Word of the Month



## SELF-ASSURANCE

Self-assurance comes from within - we have to be able to build ourselves up.

Write three compliments about yourself:

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Write three things you are good at:

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Write three things you know you will get better at doing:

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**CHALLENGE:** Next time you have to do something that makes you nervous or feel bad about yourself, or if someone teases you, instead of getting upset, I want you to remember one thing you wrote on each of these lines.

Ex: I have a great sense of humor, I am good at baking cookies and cakes, and I'm going to get better at math. I know today was rough - but I still believe in myself!

**Student Name:** \_\_\_\_\_

**Complete Worksheet & turn into the Dojo**  
**Saturday Oct. 26, Monday Oct. 28 or Tuesday Oct. 29**  
**Spin Wheel to Win a PRIZE!!**