

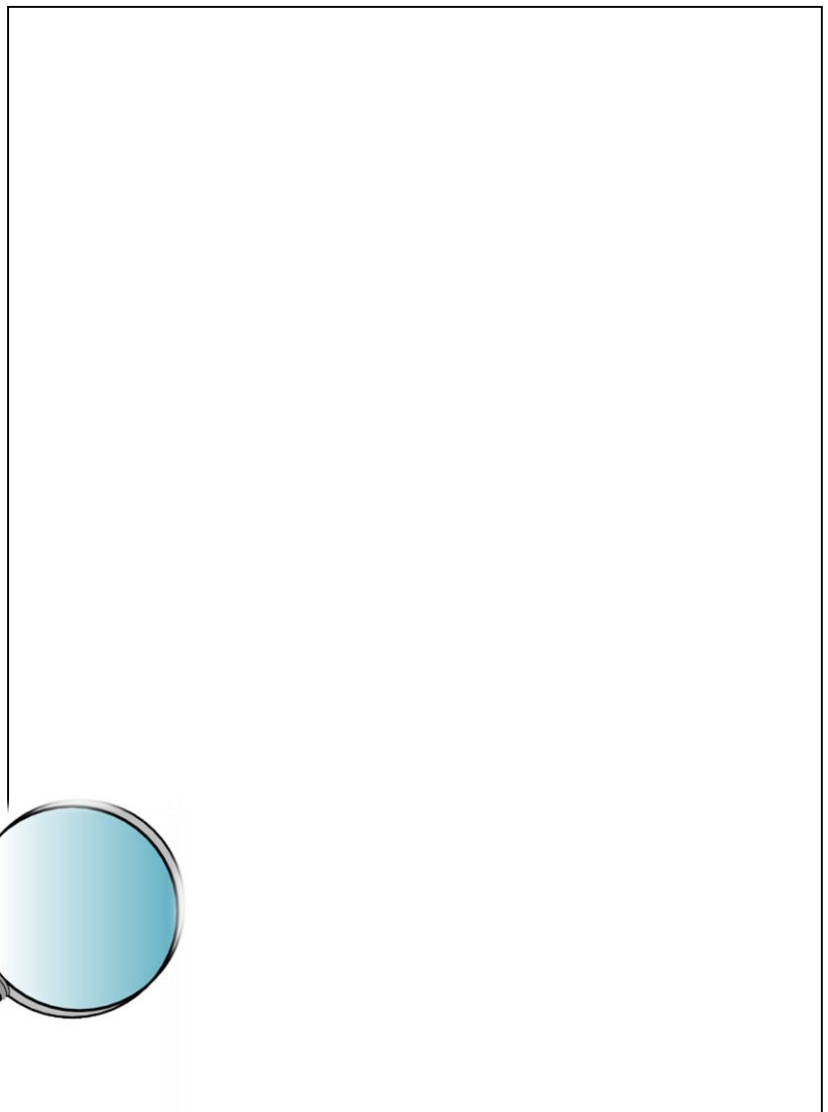
# Who Do You Think You Are?

When you look in a mirror, who do you see? You, Obviously! But how do you see yourself? Are you more likely to focus on, your strengths or on your limitations? Our thinking powerfully influences how we feel about ourselves. It's as if our thoughts are a magnifying glass, increasing whatever we focus on- so it is really important to focus on the positive!

Write your first and last name vertically in the box below. Use the letters to write words that describe your positive qualities.

*Here's an example:*

**S**ociable  
**A**rtistic  
**M**usical  
**J**okey  
**O**pen minded  
**N**uts about science  
**E**nthusiastic  
**S**omeone you can count on



## Years of Work toward a Lifetime of Confidence

Everybody agrees that it's good to be self-confident. But what does this mean exactly? According to the dictionary, self-confidence is "a feeling of trust in one's abilities, qualities, and judgment." With self-confidence, it's easier to take a risk, try something new, and to stay true to yourself in the face of peer pressure.

	Always	Sometimes	Rarely
1. I set positive goals for myself.	1	2	3
2. I am able to accept criticism without getting upset.	1	2	3
3. I let people know what I think and feel, even if I'm angry or in disagreement with someone else.	1	2	3
4. I ask for help when I need it.	1	2	3
5. I don't worry about what other people think of me.	1	2	3
6. I like meeting new people.	1	2	3
7. I believe I am a valuable friend.	1	2	3
8. If I make a mistake, I admit it and try to learn from it.	1	2	3
9. I like trying new things- a sport, food, game, a new language, etc.	1	2	3
10. In general, I am happy with myself.	1	2	3
11. I am happy when something good happens to a friend.	1	2	3
12. I know I can make a positive difference in this world in my own unique way.	1	2	3
13. I tend to see the good in any situation.	1	2	3

Take this quiz to find out how confident you are today. Read the statements and circle your answer, either 1, 2, or 3.

Add up all the circled numbers. TOTAL SCORE: \_\_\_\_\_

## **Years of Work toward a Lifetime of Confidence**

### **Continued....**

**If you scored between 13 and 18:** You got it! Go out and do great things today. Help boost someone else's confidence too- encourage their dreams or pay them a compliment.

**If you scored between 19 and 25:** Keep focusing on your positive qualities, trust in yourself, and take time to develop both old and new interests.

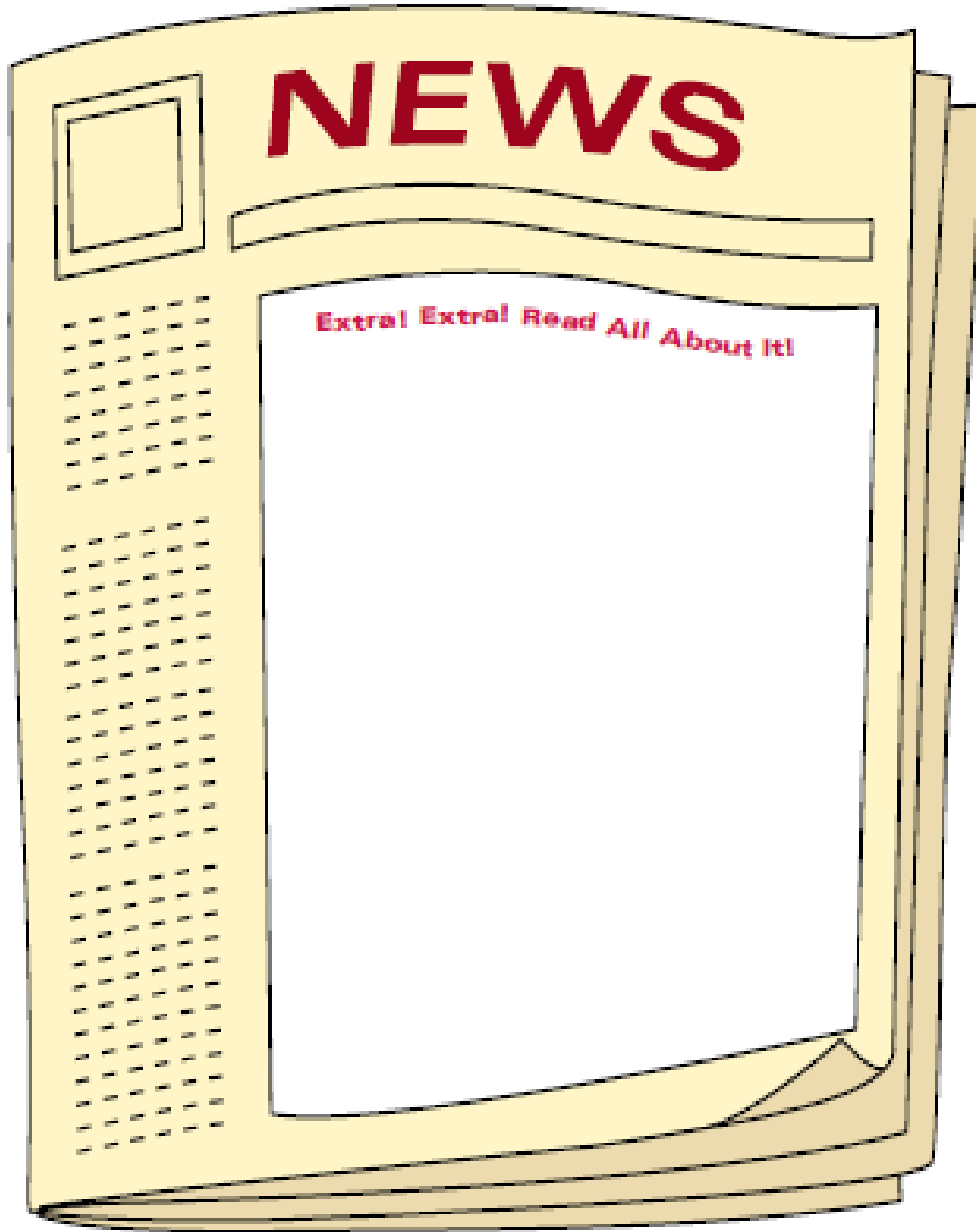
**If you scored between 26 and 32:** Try something new today- bring a friend along for support (and fun). Write down the positive qualities you admire in one of your favorite people, then develop these qualities for yourself.

**If you scored between 33 and 39:** You could use a confidence boost! Talk to an adult you trust about what is special about you. Do a good deed for someone else and notice how this makes you feel.



# The Future Is Me

In the space below, draw or write a news story featuring you and something you hope to accomplish someday. For Example: "Sarah Stein is the First Woman to Pitch in the Major Leagues!" or "Pedro Lopez, Brain Researcher, Discovers Cure for Autism!"



# Free To Be You and Me

Have you heard the album, *Free to Be You and Me*? First produced in 1972, the songs and stories on this album question gender stereotypes: Who says boys can't play with dolls? Who says girls can't compete or run like the wind? The lyrics in the songs on this album send the message that you can be and do anything in your life, whether you're a boy or a girl.

We've come a long way since the 1970s! Today any gender identity can be a lawyer, can stay home to take care of children-and not be looked down upon. Even so, many people still have strong opinions about the gendered roles people should play in society. Do you?

Take this quiz with a friend or family member and compare your answers. You may be surprised by what you think! *Circle the Agree or Disagree that indicates your opinion.*

- |  |       |          |
|--|-------|----------|
| 1. Any gender can be just as effective a President as a man.       | Agree | Disagree |
| 2. Boys need to be athletic to be popular.                         | Agree | Disagree |
| 3. I feel free to be who I am in school.                           | Agree | Disagree |
| 4. Boys are better than any other gender in most sports.           | Agree | Disagree |
| 5. Men make better bosses than other genders.                      | Agree | Disagree |
| 6. Women are better than other genders at taking care of children. | Agree | Disagree |
| 7. I feel free to be who I am in my family.                        | Agree | Disagree |
| 8. People need to be good looking to be popular.                   | Agree | Disagree |
| 9. Men are better than other genders at working and earning money. | Agree | Disagree |
| 10. Other genders are more in touch with their feelings than boys. | Agree | Disagree |
| 11. Boys and men shouldn't cry in public.                          | Agree | Disagree |
| 12. I feel free to be who I am with my friends.                    | Agree | Disagree |

# A New Generation at Work

You are a member of a new generation that is growing up to change the world for the better. Peer into your future, 20 years from today. What do you see? What change will you be creating? Draw your future in the boxes below. Don't forget to title your drawings!

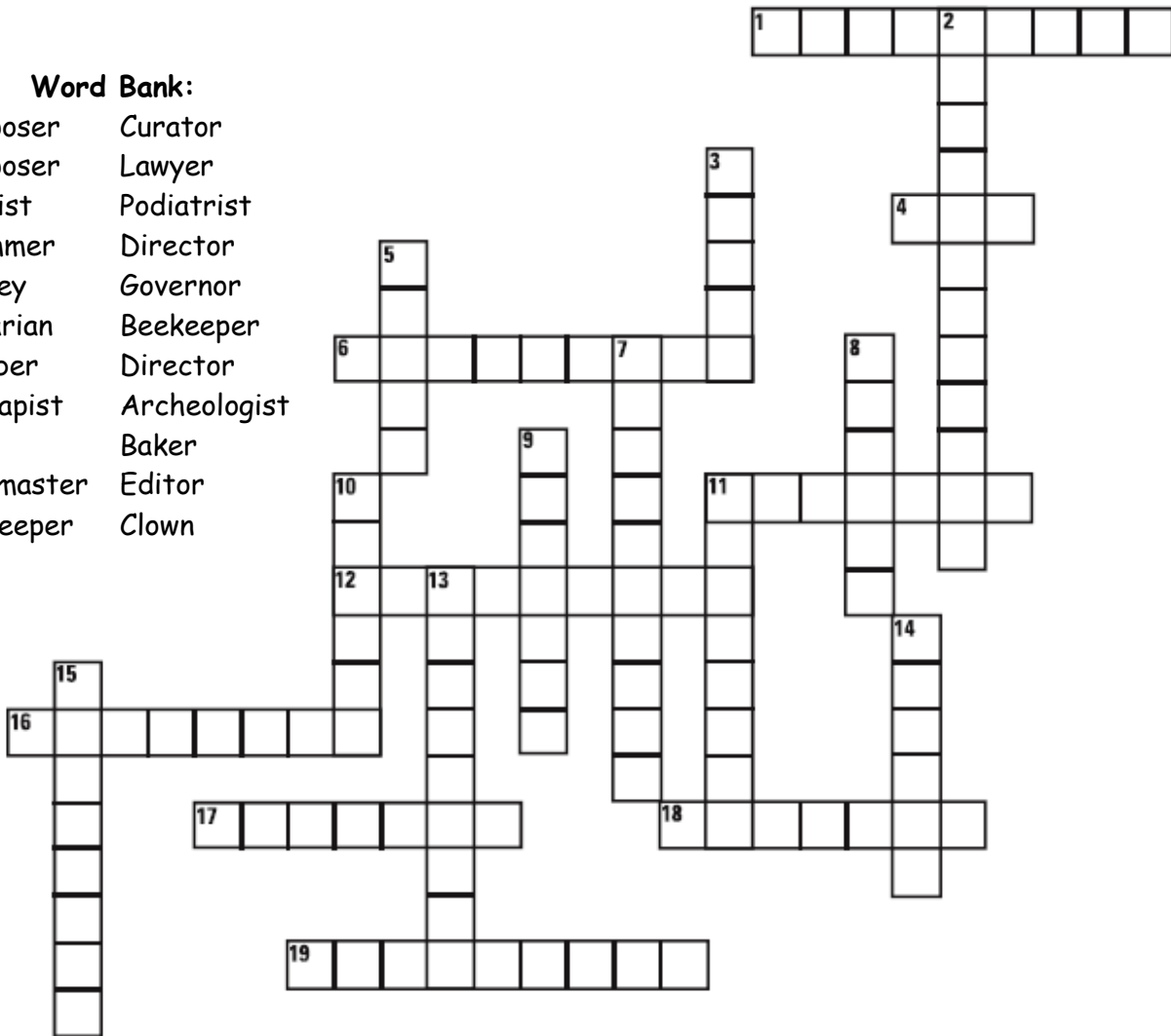
<b>ME AT WORK</b>	<b>ME IN THE COMMUNITY</b>
<p>Draw yourself at work, changing things for the better.</p>	<p>Draw yourself in the community, changing things for the better.</p>
<p><b>Questions to ask yourself before you draw:</b>            20 years from today, what kind of work will you do?            Where do you work? What does your workplace look like? Who else works with you?</p>	<p><b>Questions to ask yourself before you draw:</b>            20 years from today, what kind of community will you live in? What does it look like? Who else lives there? What kind of things will you be doing to change this community for the better?</p>

# Today's Vision, Tomorrow's Reality

What work do you picture yourself doing in the future? The possibilities are endless! Complete this crossword puzzle to learn about just a few of them.

## Word Bank:

- |           |              |
|-----------|--------------|
| Composer  | Curator      |
| Composer  | Lawyer       |
| Dentist   | Podiatrist   |
| Drummer   | Director     |
| Jockey    | Governor     |
| Librarian | Beekeeper    |
| Plumber   | Director     |
| Therapist | Archeologist |
| Vet       | Baker        |
| Webmaster | Editor       |
| Zookeeper | Clown        |



## Across:

1. I help people solve personal problems
4. Bring your sick cat, dog or iguana to me
6. I tend lions, tigers and bears, oh my!
11. I'm all about teeth
12. I make and maintain the Web site
16. I write music for symphony orchestras
17. Call me when the faucets are dripping
18. I use sticks to play my instrument
19. Books and information are my specialty

## Down:

2. I dig for dinosaur bones and other artifacts
3. I get up early to make pastry and bread
5. I make you laugh at the circus
7. I'm a foot doctor
8. I help writers with punctuation and words
9. I'm in charge of the art in a museum
10. I argue cases before a judge and jury
11. I organize and instruct actors on the stage
13. I deal in hives and honey
14. I race thoroughbred horses
15. I am the leader of a state



# Sharing Power and Possibility

Whatever work you want to do when you grow up-whether you want to become an actor, an architect, an acrobat, or even the president-one thing's certain: you'll be a lot more successful, and have a lot more fun, if you know how to work well with others.

In the box of letters below are words that relate to sharing and working well with others. The words are spelled in lots of ways: left to right, right to left, up to down, down to up, and diagonally. Using a continuous line, circle the consecutive letters which spell a quality. Some of the words may cross each other and use the same letter.

**Do your best to have:** goodwill, gusto, humor, integrity, morale, patience, rapport

**Try to be:** efficient, fair, friendly, generous, helpful, honest, kindhearted, reliable

**Don't forget to:** appreciate, brainstorm, collaborate, compromise, congratulate, cooperate, discuss, explain, laugh, lead, learn, listen, negotiate, persuade, praise, reassure, rely, respect, share, support, understand

E E N M X D P O U Y D V S F Q G N R U K V T V T D  
L T T I O C N V F L E S I A R P G C G L H B J L E  
N C A A A R R T W D N D U N D E R S T A N D L R T  
K A P L R L A A W N S B O W H A C N T K M I F A R  
K K Q E U O P L I E P N P U V S G K Q Z W J S P A  
R C L S R T B X E I X Z M R H F F X O D S J S P E  
J E O U B S A A E R Z O V A R O L A O W Z G Q O H  
G Z S V F M U R L F R W R S S V A O B M L W X R D  
U I H P G P V A G L U E H L X B G J Z H C A V T N  
S N P A E V L H D N O C O M P R O M I S E V J K I  
T T V R N C O E R E O C N R A E L N L I N L F E K  
O E W R E N T E H D X C B R A I N S T O R M C S G  
P G E R E L A M I N E T S I L R A A C D U N U C P  
D R V S L S I S R X N U I K W J R G R W E O O Q C  
M I T Q S B C A V K N L Y X Y T O E N I R O Z F O  
S T B U G U X S B S U P P O R T L H T E P B F P H  
J Y R V S P E F S L Q Z J D G Y X A N E O E Z Q H  
I E Y S V O B M O N E W G X U J P E R U I F S H I  
A P P R E C I A T E F D F H A Z G A L D K F H R U  
N E G O T I A T E H L A J R Y O T T E N W I T Q N  
Y L Z W G X R N K M C E I U I E P Q A R D C I H N  
O J S Z E Y Z N R C R Y D R P N P W D V E I E Z E  
C Q X R B N L W J F Q L A U G H S X V O A E X Z M  
C M G F L U I X X F Y R Z B S A K W J Z Y N C F Y  
O T W M S J D L U L G L E T J I C G E I E T A X Y