



# Confidence Cadet: Welcome to the Academy of Awesome



Your mission is to complete a series of tasks that will test your courage, creativity, and confidence. Every confident person starts somewhere—and today, it starts with YOU.

To begin, write your first name in bold letters in the center of the page. Own it! Your name represents someone capable, unique, and ready to grow. Underline it twice like it's the title of a bestselling book (because maybe one day, it will be).

Next, stand up silently, take a slow deep breath, and whisper to yourself: "I've got this." Confidence starts with what you say to yourself—even in a whisper.

Now, sit back down and look at the person sitting nearest to you. Point to them and give them a thumbs-up. Then point to yourself and give yourself a double thumbs-up. Confidence isn't just about believing in others—it's about believing in you, too.

Draw a shield on the back of your page. Inside the shield, write one word that describes something you're proud of about yourself. It could be a strength, a talent, or something you've overcome. Your shield represents your inner strength. If you've ever tried something even though you were nervous, draw a small lightning bolt under your shield. That's called courage—and courage builds confidence.

Now, close your eyes and think of something you're good at. Anything. It could be telling stories, helping friends, solving puzzles, making people laugh, or simply showing up. Open your eyes and write it down in the top right corner of the page. Then draw a star next to it. Confidence grows when you recognize your own wins.

Next, pretend you're giving a motivational speech. Stand up quietly, stretch your arms out wide, smile, and say (with confidence): "I can do anything I put my mind to" Then sit back down with quiet pride. That's what a Confidence Cadet does.

At the bottom of your page, write a few sentences answering this question: "What can I do to build my confidence?" Think about real actions you can take. Maybe it means practicing positive self-talk. Maybe it's about speaking up, even when you're nervous. If you need more space, you can finish writing on the back of the page.

Remember—confidence looks different for everyone, so make it personal. Be honest. Be specific. And most of all, believe that growth is possible.

When you're finished, place your pencil down, make a quiet victory pose, and lock eyes with your teacher. When they notice you, say: "Mission complete. Cadet [Your Last Name], signing off!"

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