



## “WHAT CONFIDENCE MEANS TO ME”

Fill out this worksheet and return it to your Karate instructor  
To receive a BONUS STICKER for your belt!

What does confidence mean to you?

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How do you act when you feel confident?:

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What makes you feel confident?:

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How can you help your friends feel confident?:

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CAMPERS NAME: \_\_\_\_\_

PARENTS SIGNATURE: \_\_\_\_\_