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:*

<table>
<thead>
<tr>
<th>Sociable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artistic</td>
</tr>
<tr>
<td>Musical</td>
</tr>
<tr>
<td>Jokey</td>
</tr>
<tr>
<td>Open minded</td>
</tr>
<tr>
<td>Nuts about science</td>
</tr>
<tr>
<td>Enthusiastic</td>
</tr>
<tr>
<td>Someone you can count on</td>
</tr>
</tbody>
</table>
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.

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

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

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

"Imagination is more important than knowledge. For while knowledge defines all we currently know and understand, imagination points to all we might yet discover and create."—Albert Einstein

There are plenty of problems in the world that need imagination to solve. Each of the 10 scrambled words relates to creating a new and better world. Unscramble each word.

RUEC

Clue: Imagine a day when there’s a _____ for cancer.

NAMWO

Clue: Imagine a day when a _____ is President of the United States.

RACEDYA

Clue: Imagine a day when every workplace has _____ for working parents.

IKMN

Clue: Imagine a day when no one wears _____ coats or animal fur as clothing.

CEAR

Clue: Imagine a day when no one is discriminated against because of their _____.

LPUTNOILO

Clue: Imagine a day when cars use fuels that don’t cause ______.

LUBELIS

Clue: Imagine a day when all _____ turn into buddies.

LCEEVNOI

Clue: Imagine a day when every city is free of ______.

IIETNTONCX

Clue: Imagine a day when not a single animal is threatened with ______.

UIRFT

Clue: Imagine a day when all farmers grow _____ without harmful pesticides.

SOBOK

Clue: Imagine a day when school children everywhere have all the _____ they need.

CAPEE

Clue: Imagine a day when there is _____ everywhere on earth.

To solve the final riddle, copy the letters in the numbered boxes above into the boxes with corresponding numbers below.

Once you’ve imagined a day, then what?...
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 Free to Be You and Me? The songs and stories on this CD, first produced in 1972, question gender stereotypes- Who says boys can’t play with dolls? Who says girls can’t compete or run like the wind? - And 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 women can be lawyers and men can stay home and take care of children-and not be looked down upon. Even so, many people still have strong opinions about the roles males and females 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. A woman 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 girls in most sports. Agree Disagree
5. Men make better bosses than women. Agree Disagree
6. Women are better than men at taking care of children. Agree Disagree
7. I feel free to be who I am in my family. Agree Disagree
8. Girls need to be pretty to be popular. Agree Disagree
9. Men are better than women at working and earning money. Agree Disagree
10. Girls 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!

<table>
<thead>
<tr>
<th>ME AT WORK</th>
<th>ME IN THE COMMUNITY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Draw yourself at work, changing things for the better.</strong></td>
<td><strong>Draw yourself in the community, changing things for the better.</strong></td>
</tr>
<tr>
<td><strong>Questions to ask yourself before you draw:</strong></td>
<td><strong>Questions to ask yourself before you draw:</strong></td>
</tr>
<tr>
<td>20 years from today, what kind of work will you do?</td>
<td>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?</td>
</tr>
<tr>
<td>Where do you work? What does your workplace look like? Who else works with you?</td>
<td></td>
</tr>
</tbody>
</table>
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
Composer
Dentist
Drummer
Jockey
Librarian
Plumber
Therapist
Vet
Webmaster
Zookeeper
Curator
Lawyer
Podiatrist
Director
Governor
Beekeeper
Director
Archeologist
Baker
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

www.DaughtersandSonstoWork.org