Do You Dive In with Confidence?

You're invited to a party at Splash World, but you're worried. What if you're not comfortable riding the giant water slides that your friends are excited about? What if the other kids are faster swimmers than you are?

Trying something new can be tough if you focus on what other people might think, or if you compare yourself to others. When you're tackling challenges and fears, negative thoughts can sink your confidence. Instead, you can try easing into things just to have fun.

To keep your spirit afloat when you face deep waters, be patient and take your time. Accept yourself where you are. Even if you're not the strongest swimmer, just get in the water to build your skills. Stay positive and dive into life to let your confidence flow!

Circle your answers and add up your score or scan the QR code to take the quiz online.

Try this quiz online! Scan the code to go to ***Brilliant Star***'s website.



1. I try new sports, games, or art, even if they don't match my strengths.
   Often = **3** • Sometimes = **2** • Rarely = **1**

2. I focus on my progress and avoid comparing myself to others.
   Often = **3** • Sometimes = **2** • Rarely = **1**

3. I'm honest with myself about my strengths and things I need to work on.
   Often = **3** • Sometimes = **2** • Rarely = **1**

4. In my thoughts and actions, I'm kind to myself and others.
   Often = **3** • Sometimes = **2** • Rarely = **1**

5. When I'm asked for my opinion, I speak up with courtesy.
   Often = **3** • Sometimes = **2** • Rarely = **1**

6. When I have strong feelings about something, I try to figure out why.
   Often = **3** • Sometimes = **2** • Rarely = **1**

7. I get excited about chances to learn challenging new things.
   Often = **3** • Sometimes = **2** • Rarely = **1**

8. I say "no thanks" to things that don't feel right for me.
   Often = **3** • Sometimes = **2** • Rarely = **1**

9. I reflect on my choices and make changes if I need to.
   Often = **3** • Sometimes = **2** • Rarely = **1**

10. I pay attention when my body or mind needs rest.
    Often = **3** • Sometimes = **2** • Rarely = **1**

11. I keep my promises—including ones to myself.
    Often = **3** • Sometimes = **2** • Rarely = **1**

12. I choose friends who appreciate me for who I really am.
    Often = **3** • Sometimes = **2** • Rarely = **1**



My Score

36–28 POINTS You're making a splash with self-confidence. Keep trusting yourself and trying new things.

27–20 POINTS You're developing some trust in yourself. Choose a tip from the quiz to deepen your self-confidence.

19–12 POINTS You can work on leaping into life with more enthusiasm. Try some tips from the quiz to strengthen your skills.