

# I Am Capable!

Confidence Builder Worksheet for Kids • Grow Strong from the Inside Out

At Hall's Academy, we create bright, practical tools that help children grow in confidence, leadership, and smart decision-making.

## Why This Matters

Confidence helps children believe in themselves, try again after mistakes, and show up as leaders in everyday life.

## 1) All About Me ■

I am good at...	I feel proud when...	Something special about me is...
_____	_____	_____
_____	_____	_____

## 2) My Confidence Boosters ■

<input type="checkbox"/> I can learn new things	<input type="checkbox"/> I can try again after mistakes
<input type="checkbox"/> I can ask for help when needed	<input type="checkbox"/> I can speak kindly to myself
<input type="checkbox"/> I can be brave even when nervous	<input type="checkbox"/> I can grow every day

## 3) My Next Brave Step ■

Something I want to be more confident doing: \_\_\_\_\_

One small step I can take this week: \_\_\_\_\_

Who can encourage me? \_\_\_\_\_

## 4) My Power Words ■

I am smart.	I am strong.	I am kind.
I can learn.	I can lead.	I can do hard things.

## Hall's Academy Confidence Tip

Confidence does not mean being perfect. It means believing you can keep growing, learning, and showing up.