**Ted Talk: 5 Steps to Self-Confidence**

**After watching the 12-minute Ted Talk at this link, answer the following reflection questions.**

[**https://www.youtube.com/watch?v=BZ05M1UhPrY**](https://www.youtube.com/watch?v=BZ05M1UhPrY)

**1**. WHAT ARE THE 5 STEPS TO SELF-CONFIDENCE?

1.

2.

3.

4.

5.

2. WHAT DOES IT MEAN TO SET PERSONAL BOUNDARIES? LIST SOME OF YOUR BOUNDARIES.

3. DESCRIBE HOW A PERSON CAN MAINTAIN BALANCE BETWEEN CARING OR NOT CARING ABOUT WHAT OTHER PEOPLE THINK? WHAT COULD BE THE RESULT IF THERE WASN’T BALANCE IN THIS AREA?

4. WHAT DID THE SPEAKER MEAN WHEN HE SAID, “YOUR STORY DOES NOT DEFINE YOU?”

5. WHAT KIND OF ENVIRONMENT DO YOUR FRIENDS CREATE FOR YOU AND YOU FOR THEM? DO THEY BUILD YOU UP, TEAR YOU DOWN? HOW?

6. HOW CAN YOU BE AN OBSTACLE TO YOURSELF?

7. WHAT NEGATIVE THOUGHTS DO YOU HAVE ABOUT YOURSELF AND OTHERS?

8. WHAT DID THE SPEAKER MEAN WHEN HE SAID, “THERE IS POWER IN THE TOUNGE TO SPEAK LIFE OR DEATH?”

9. WHAT IS THE DIFFERENCE BETWEEN SELF-CONFIDENCE AND INSECURITY?

10. WHY IS SELF-CONFIDENCE IMPORTANT AND HOW DOES IT RELATE TO SELF-ESTEEM?

**I Me!**