

# Confidence

**Confidence = belief in yourself and your abilities;  
self-reliance; assurance**

**Girl Scouting helps you gain confidence to be your very best self always.**

## **A FEW CONFIDENCE-BUILDING BENEFITS of GIRL SCOUTING:**

<b>I am developing a strong sense of self.</b>	<b>I am gaining practical life skills.</b>	<b>I can resolve conflict.</b>	<b>I promote cooperation &amp; teambuilding.</b>	<b>I inspire &amp; educate others to act.</b>
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**Draw a line from each situation below to the confidence builders it helps you gain.**

**My younger sister and brother were arguing yesterday about which cartoon to watch on TV. I showed them the TV schedule printed in the newspaper and explained it, so they'd understand that they could both see a cartoon they liked before dinnertime.**

**My Girl Scout troop collected hats, scarves and mittens to donate to a shelter for homeless people. When I told my class at school what we had done, we all decided to do a schoolwide project of collecting food for the shelter.**

**It's my best cookie sale year ever! I'm taking orders as I talk to our neighbors, I'm scheduling their deliveries, and I'm keeping track of the money my customers pay when their cookies arrive. Plus, I'm designing a thank-you note on our computer to print out and give to each customer!**

**My basketball team was having a rough practice. Some of the girls wanted to work on their ball handling, some on their passing skills, and others on free throws. I got my free throw group to join the passing girls so we could practice passes to the ball handlers. That way, we could all help each other and work together to improve the whole team's performance. We still had time to shoot free throws before practice ended.**