



QUESTIONS

-TO-

CONNECTIONS

Planting seeds for the future ONE word at a time...

WORD: **CONFIDENT** /KAN·FE·DENT/

When we are do our part in fulfilling our purpose we light the path for others to do the same. The act and ability to choose to push through fear to participate in an experience fully is a skill that we must learn how to get back as we get older. That's courage! Courage is defined as the ability to do something that frightens one.

Reflect

YOUR UNDERSTANDING AND VISION OF THE WORD

"It is confidence in our bodies, minds, and spirits that allows us to keep looking for new adventures."

OPRAH WINFREY

Take a moment to think about your responses to the following questions. This is your opportunity to see if what you believe is taking hold with the young people in which you have interactions.

- What is the last thing that you did that made you feel confident?
- When you are feeling confident what does your body feel like? Do you notice anything different?
- What was the last thing you did to encourage a child think about and utilize their unique abilities and talents
- How were you taught to be confident as a child? Who taught you and what was that relationship like?
- How has your confidence evolved over the course of your life?
- What do you feel you had to overcome to become confident?

Connect

QUESTIONS AND CONVERSATIONS STARTERS THAT PROMPT CONNECTIONS

The most important part of building meaningful relationships is the ability to trust each other through active listening and understanding. When we discuss these questions with those that are younger or not yet familiar with the concepts we must approach it with emotional constancy as the adult that has done the work to be introspective first. We recommend starting up top with the reflection questions and bringing those sentiments with you to the conversation. This is deep but will be an eye-opening experience for all that are committed to growing together. Notice if there is alignment with what you reflected on and what they said.

- What does it mean to be confident? When was the last time you felt confident?
- When you are feeling confident what does your body feel like? Do you notice anything different?
- When do you feel you have to be confident in your life?
- What are you doing when you feel MOST confident?
- How did you learn how to be confident in that area? Who taught you?
- What can I do to help you feel confident?
- How does being confident help you show courage?

THOUGHTS TO TAKE AWAY AND SHARE

