

“You Can Do It If You Think You Can” Article Questions

Health 6-Mrs. Maus

Name _____ Hour _____

1. Who wrote the article? _____ .
2. According to the author, what are 5 benefits for people who have build their self-confidence? 1. _____ 2. _____ 3. _____
4. _____ 5. _____
3. According to the article, when we feel self-confident, what do we find in each new experience? _____ .
4. Likewise, when we don't feel self-confident, how do we react to each setback? _____
_____ .
5. According to the author, what do our attitudes show the world? _____
_____ .
6. When the author stopped looking at everything that was going wrong in his life what happened? _____ .
7. What are the 3 legs of self confidence? 1. _____ 2. _____
3. _____
8. According to the author, how can you develop a positive attitude? _____

9. The article states that if you have a positive attitude, you look for ways to solve problems that you can solve and what do you do with those things that you can't control? _____
_____ .
10. According to the article everyone fails at something once in a while but the important thing is how you react to failure. What are 2 ways you can react to failure? 1. _____
_____ 2. _____ .
11. What did Danielle and Tanisha have in common? (hint: how were they injured?) _____
_____ .
12. How did Danielle and Tanisha differ ? (hint: how did they react to their situation?) _____
_____ .
13. What does the author suggest you do with the “good and bad in life?” _____
_____ Why? _____
14. What did Elena realize after being confronted by her best friend? _____
_____ Who was making all her “big decisions”? _____ .
15. What were 3 ways that Elena took control of her life? (hint: what were the positive changes that she made?) 1. _____ 2. _____
3. _____ .
16. What happened to Julio that made him feel full of confidence? (hint: it happened in math class) _____ .
17. According to the article, what is one of the basic building blocks of self-confidence?
_____ .

18. According to the author the ability to appreciate others and be appreciated in return is something we can _____ . How is appreciation like sunshine? _____
_____ .
19. In the article, what made Darryl feel so good about himself? _____
_____ .
20. What are the 5 suggestions in the article to help someone improve his/her self-confidence? 1. _____ 2. _____
3. _____ 4. _____
5. _____ .