

Name: _____

Yes, You Can!

Directions: In the article “Yes, I Can!” (page 26), psychologist Richard Lerner says confidence “means believing you have the ability to succeed.” Look at the examples below, which are from the story, and fill out the chart to explore some of the abilities you have. Then offer ideas for a friend, classmate, or someone else you know.

WHO	IS CONFIDENT ABOUT	SECRET TO SUCCESS
Lindsey	how she worked hard to get a part in the school play	Asked friends to help her memorize her songs and lines for an audition.
Andrew	His opinions and his basketball skills, even on bad days	Says he tries to not worry about the “small stuff,” and believes in himself.
You		
You		
A friend, classmate, or someone else you know		