

**POWER PRINCIPLE 9:**

**BEAT FEAR,  
DOUBT AND  
WORRY**

# BEAT FEAR, DOUBT AND WORRY

The ninth of the 11 POWER PRACTICES is to learn to Beat Fear, Doubt, and Worry. Sometimes you can feel scared when you are not sure about something or something is new to you. This is called *fear*. Fear can make you think that you cannot do something because you have not done it before. For example, maybe you want to play on the T-ball team, but you are scared because you are not sure if you can hit or catch the ball. You can beat your fear by saying to yourself, "I will try because it looks fun and I will learn how to do it well!"

Doubt is a feeling of being unsure. Doubt can make you think that you do not have good ideas. For example, maybe you want to draw or paint a really big, beautiful tree, but you have not drawn a tree that big. Doubt makes you feel like you cannot do it. But that is not really true. You have not tried yet, so how do you know? You can beat doubt by saying to yourself, "I have painted other trees, so I can paint this one, just bigger."

Worry is when you think something will go wrong. Worry is when you think about the bad things that MIGHT happen. Worry can stop you from doing things you want to do. For example, maybe you worry that people will laugh at your painting or will not like it. Or maybe you are afraid people will not like you if you do not do something right. This is called *worry*. But really, you do not know what will happen until you try.

Be a Superhero to Yourself and Beat Fear, Doubt, and Worry. You have the POWER to do a lot of things that you try to do.

## **POWER STORY**

I remember, when I was in the 3rd grade, I had the chance to be in a special program at a new school. My mom said it would be good for me to go to this new school. She said I would learn many important things. I was scared to go to this new school. I worried about making new friends and leaving my old teachers. I doubted if I was smart



**POWER QUESTIONS**

What new things would you like to do or try?

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What are some things that cause you to be afraid?

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What do you do to beat fears, doubts, and worries?

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**POWER ACTIVITY**

Work on this Power Action Activity about Power Practice #9: Beating Fear, Doubt, and Worry.

Pick one thing that you are afraid of and imagine yourself doing it. Tell your parents or teacher about it.

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