

Name _____



SELF-ESTEEM Passage

Overcoming Challenges

Everyone faces challenges, and that's okay! Sometimes, we might feel like giving up when things get tough. But the truth is, facing challenges helps us grow stronger. It's important to remember that mistakes don't define us—they teach us. When you overcome a challenge, you become more confident in your abilities. You start to understand that there is nothing you cannot handle. Life may throw unexpected obstacles your way, but the way you handle those obstacles shows your true strength.

Remember, you are more than capable of solving problems, even when things seem difficult. Challenges help you learn, grow, and become a better version of yourself. The next time you encounter a challenge, remind yourself that you've got what it takes to get through it, and celebrate the lessons learned along the way.

1. What does facing challenges help you do?

- a) Avoid problems.
- b) Make things easier.
- c) Grow stronger and more confident.
- d) Stay the same.

3. What does the passage say about mistakes?

- a) Mistakes should be ignored.
- b) Mistakes define you.
- c) Mistakes help you learn and grow.
- d) Mistakes mean you're not good enough.

2. How does overcoming a challenge affect your self-esteem?

- a) It makes you more afraid of failure.
- b) It helps you feel more confident.
- c) It makes you doubt your abilities.
- d) It makes challenges seem easier.

4. What is the key to handling challenges according to the passage?

- a) Giving up when things get tough.
- b) Solving problems and learning from the experience.
- c) Avoiding challenges at all costs.