



Answer the following questions. Next, write your poem using some of your answers to the questions as your guide. Once you are finished writing your poem, color in your mandala while listening to Pauper's Poets meditation channel, Eternal Lightworker Meditations found on youtube!

1. Close your eyes and think of what it means to believe in yourself . What do you see yourself accomplishing when you believe in yourself? Write down the images you see in your mind that represent how you feel when you believe in yourself.
2. Describe three physical activities you are able to do, or would be able to do, when you believe in yourself. I.E. (Dance, sing, study, compete, perform etc...)

3. What questions do you have about what it means to believe in yourself. Write your questions here.

4. How do you feel about what it means to believe in yourself? Can you find an interesting way to share your feelings about believing in yourself?



I hear

I see

I wonder

when I believe in myself

I want

I feel

I touch

when I believe in myself

Sometimes I Worry





Sometimes I cry

I understand

when I believe in myself.

I say

I dream

I try

I hope

when I believe in myself

I Believe In Myself

