



"Man should know his own self and recognize that which leadeth unto loftiness or lowliness, glory or abasement, wealth or poverty." — Bahá'u'lláh

I LIKE BEING ME!



BE REAL

"Just be yourself." Have you ever heard that advice? When you act like your *true* self, you respect God's noble creation—you! God gives each of us the ability to develop virtues, skills, and talents. From helping at your school to choosing a fulfilling career, we can all help build a better world by being true to ourselves.

Sometimes it's hard to be yourself with confidence. It hurts if a friend doesn't appreciate or respect you. When that happens, you might feel like saying or doing things you don't really mean, just to "fit in." Teasing others or doing things just because they're popular might make you look cool for a while. But soon you'll feel stressed or sad because you're not being *you*.

ARE YOU BEING REAL?

Try the quiz below to see if you're letting your true self shine. Circle "Always," "Sometimes," or "Never" to answer each statement below.

1. You choose activities or sports because you truly enjoy them, not just because they're popular.
Always | Sometimes | Never



2. You speak up when you want to share your ideas and opinions with others.
Always | Sometimes | Never

3. You stand up for yourself or others when a classmate is being disrespectful.
Always | Sometimes | Never

4. You say "no" to smoking, drinking alcohol, and other harmful activities.
Always | Sometimes | Never

5. You recognize when you're stressed and take time out if you need to.
Always | Sometimes | Never

6. You take responsibility for your mistakes and apologize when you need to.
Always | Sometimes | Never

7. You know the skills you're good at and which ones you'd like to improve on.
Always | Sometimes | Never



8. You try new things you're interested in, even if you can't do them perfectly.
Always | Sometimes | Never

9. You wear clothes you like, not just what others say is in style.
Always | Sometimes | Never

10. You ask for help from parents and people you trust when you need it.
Always | Sometimes | Never

SCORING YOUR QUIZ

Give yourself 1 point for each "Never" answer, 5 points for each "Sometimes," and 10 points for each "Always." Then add up your score.

- 1-34 Stay positive and know that being yourself *is* the best kind of cool.
- 35-69 You're headed in the right direction! Be confident and keep going.
- 70-100 You're practicing the skills that help you stay confident. Awesome!

