

Nate Boyer

Nate Boyer talked about insecurity, and the anxiety and fear that we all deal with, but especially you as a teenager. He discussed understanding that it is normal to sometimes feel fearful.

1. Nate talked about ignoring negative irrational thoughts that are in our own head and taking positive actions to help us overcome the fear. Why is it important to voice our doubts and fears to our good friends, teachers, and parents?
2. Nate talked about choosing to follow positive role models who we can learn from. Discuss how having positive role models like Nate can help us overcome anxiety and negative thought habits ?
3. What is one activity or opportunity that you didn't try because you were afraid to fail ? And what can you do now to give yourself a second chance to successfully overcome a past disappointment or failure ? Be specific !

TAKE THE SOLD OUT PLEDGE TODAY !