

Chi-Rho Virtual Camp
July 13, 2020
Camp Caroline
Reflective Questions

1. Think of a time when you were scared to try something new or frightening. Were you able to overcome your fears?
 - a. If so, how did you do it?
 - b. If not, what could you try to that would give you courage?

2. When you see someone else who is scared to try something new because they feel they can't do it, what are some approaches we can take to encourage them through love and support?

3. Have you ever tried something and not do as well as you would like?
 - a. If so, how did you respond? Did you keep trying or tried something new?

4. Do you believe that it is okay to have moments of doubt? Why or why not?

5. What are some things you've been afraid to try in your life? Do you trust in yourself to overcome your fears?