

# ***Vigorous Virtues Worksheet***

## **Self-Reliance 2**

### **Dare To Be Yourself**

In 1968 educator Shirley Chisholm won election to New York's 12th congressional district in U.S. House of Representatives, representing the Bedford-Stuyvesant area of Brooklyn, becoming the first black woman elected to Congress. Four years later, Chisholm announced her U.S. presidential candidacy, making her the first woman to run for the Democratic Party's presidential nomination as well as the first black major-party presidential candidate. She later reflected on her trailblazing achievements.

*I want history to remember me not just as the first black woman to be elected to Congress, not as the first black woman to have made a bid for the presidency of the United States, but as a black woman who lived in the 20th century and dared to be herself.*

Like Chisholm, dare to be yourself by **MAKING** three things.

**MAKE AN IDEA** — You have power in your thoughts. Formulate a new idea that expresses your identity. No one thought of a black woman running for U.S. President until Chisholm came up with the idea and moved forward with it. Ask yourself:

What new ideas can I come up with as I make plans for success in life?

**MAKE AN EFFORT** — Martin Luther King, Jr.'s offered this advice: "You don't have to see the whole staircase, just take the first step." Ask yourself:

What steps can I take today to dare to be myself, confident and self-directed steps that will take me closer to my goals?

**MAKE A SOLUTION** — Chisholm once said: "If they don't give you a seat at the table, bring in a folding chair." Ask yourself:

What's the best way for me to make my own solution to the problem that confronts me, to bring a folding chair when there's no seat for me at the table?