



Season 2 | Episode 8
VIN BAKER

Instructions: Watch the video on YouTube ([LINK HERE](#)), and then answer the questions below on this page.

[Writing Prompt 1] Vin Baker talks about the importance of staying humble. One of the most powerful things you can do is ask for help when you need it. List 2 or 3 people in your life right now that you can ask for help when you need it.

[Writing Prompt 2] As our communities and schools rebuild after the COVID-19 shut down, it will be important to both ask for help and give support and assistance to others.

List 1 area in your life in which you'll be courageous and ask for help.

List 1 thing that you will do to support your family and friends.

[Writing Prompt 3] Like with most difficult things in life, it's good to approach constructive behaviors with a plan. Use the space below to write a script that you could use to ask someone for help.

share your dreams and goals on social media using #believeinyouchallenge

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