

Please read the poem below.

Our Deepest Fear

By Marianne Williamson

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.

We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.

Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.

We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.

It's not just in some of us;
It's in everyone.

And as we let our own light shine,
We unconsciously give other people permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.

We hope that you enjoyed this poem.
Have you got your thinking cap on amigos?
We hope so because we've got 8 questions about it on the next page for you.
It might be a good idea to ask your parent or caregiver to help you think about some of
the answers.

the best you that you can be

Question 1:

What do you think that the author is trying to say in the first verse?

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

Question 2:

Do you find yourself sometimes doubting your ability?

What sort of things do you say to yourself?

We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be? You are a child of God.

Question 3:

In verse 3 (below), what do you think that the author means by 'playing small'?

Your playing small does not serve the world.

There's nothing enlightened about shrinking so that other people won't feel insecure around you.

Question 4:

In verse 3 (below), what do you think that is meant by 'we are all meant to shine'?

We are all meant to shine as children do.

We were born to make manifest the glory of God that is within us.

the best you that you can be

Question 5:

What do you think that the author is saying in the last verse?

*And as we let our own light shine, we unconsciously give other people permission to do the same.
As we're liberated from our own fear, our presence automatically liberates others.*

Question 6:

What does the phrase 'reach your full potential' mean to you and your life?

Question 7:

Ask your parent/ caregiver for some tips to help you to reach your full potential in life.

Question 8:

What is the one thing that you could do that would have the biggest impact on you being the best you that you can be?