



## **A Tree Talk by Neil Russakoff in 1988**

I have learned so much about myself here at camp. I've learned what some of my positive qualities are and I've been able to work on improving some of my negative qualities. All along, the support of this community and of my close friends has helped me feel more comfortable with myself and, as a result, more self-confident. So let me give you three main points. First of all, be yourself. Rather than being a follower and just going along with the crowd, assert your own personality and stand up for what you believe. We all have something unique and special to offer. Second, be your best self. Never be satisfied with less than your best and realize that sometimes even that will not be enough. When you fail, take pride in knowing that you have tried your hardest. Finally, remember that building self-confidence is a difficult struggle that is no fun to face alone. Take advantage of opportunities to develop lasting friendships which can be a valuable resource both here at camp and during the winter.