

Eleanor Roosevelt

Diplomat & activist • 1884 - 1962



“ You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face.

— Eleanor Roosevelt

WHO WAS SHE?

Eleanor Roosevelt was a painfully shy child who was scared of almost everything, including speaking in front of people. She made herself do the scary things anyway, one at a time. She later helped write the Universal Declaration of Human Rights, a promise about how every person on earth deserves to be treated.

THINK ABOUT IT

Name one thing that makes you nervous. What is the smallest brave step you could take toward it?
