

# Year 2

# 10-13

# SELF CONFIDENCE

*"Nothing builds self-esteem and self-confidence like accomplishment." -- Thomas Carlyle*

When you have good Self Confidence, you feel strong inside. Not muscularly strong, but mentally strong. Just like picking up a heavy weight. Exercise makes the weight feel lighter. Exercising your confidence makes difficult situations much easier to deal with.

Let's imagine that a group of friends begin doing things that you know are wrong. Let's say they all begin making fun of someone and everyone is laughing. Inside, you know the situation is wrong and hurtful.

Kids who lack self confidence usually engage in this type of behavior because it makes them feel better. Kids that have Self Confidence don't have the need to make fun of anyone. Kids that have A LOT of Self Confidence have the ability to speak up and say, "Hey guys, I don't think it's funny!"



## Confidence Exercise

*You must set out to do something you've never done before. The bigger the challenge, the bigger the accomplishment. The bigger the accomplishment, the bigger the improvement in Self Confidence.*

1. Why does accomplishment help improve confidence? And, why does bigger challenges equate to bigger improvements in Self Confidence?
2. What do you think causes people to not have as much Self Confidence as others?
3. What is something you will set out to accomplish, that is outside of Taekwondo?

Parent, teacher, or coaches signature: \_\_\_\_\_