

Year 3

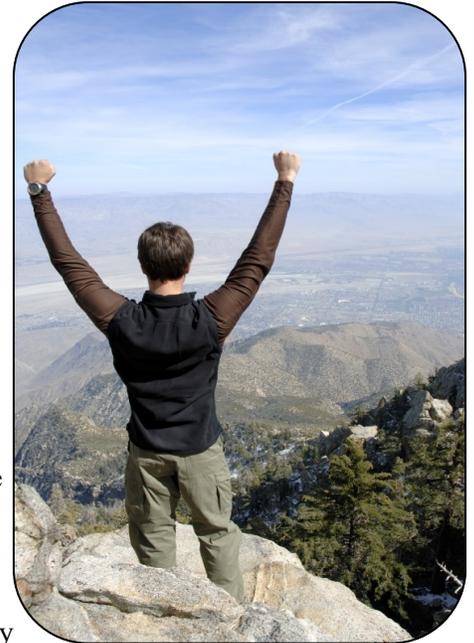
SELF CONFIDENCE

"Make the most of yourself, for that is all there is of you. ~Ralph Waldo Emerson

Hopefully by now, you've gathered that Self Confidence is developed by accomplishing things. Everyday of our life we have the opportunity to strive for something greater. It's just like the plant analogy– it's either growing or rotting.

Everyday, you are one day closer to succeeding or one day closer to failing. The amazing thing, whether we accept it fully or not, is that it's our choice.

In the following homework assignment, we are going to make a personal accomplishment, but we're actually going to measure our success. Let's see exactly how successful we can become with our accomplishment!



Confidence Exercise

Our goal is to improve ourselves by at least 10%. Think about an area of your life that you would like to make better. For instance, would you like to become stronger, lighter, a faster reader, better with finances, a better parent, a better son or daughter to mom or dad, etc.

In order to monitor improvements, we will look at what we can measure. Let's say we choose to become a better parent. For me, the measurable factor is TIME spent with my children. I would calculate the time per week I spend with my children, then multiply that number by 1.10. Then, I would spend that much time with my children for the next 3 weeks to develop a new habit.

This is what I plan to improve: _____

The measurable factor is: _____

The value of the old measurable factor is: _____ The value of the new measurable factor is: _____

The steps I plan on taking to improve : _____

Start Date: _____ Finish Date (must be at least 3 weeks): _____

Was I successful? Yes or No

Did we beat our 10% goal? Yes or No

If yes, then by how much? _____

Was it worth it? Yes or No