

# CONFIDENCE

## STUDENT & PARENT HANDOUT



**Confidence:** To believe in yourself.

**Overview:** Confidence means to believe in yourself. When you believe in yourself, you have the potential to achieve all your goals. You have the perseverance to see things through, especially when they are very hard and not to your liking.

Confidence teaches you to never give up and always do your best. A person who believes in themselves always aspires to do and be their best.

Confidence encourages us to work hard, put forth effort, and feel good about it.

**Student:** Confidence is awesome because if you believe in yourself, you can accomplish most anything. You can do well at school or one day earn a black belt in the martial arts.

Confidence gives you the courage to do things like participate in a team sport or introduce yourself to someone in order to make a new friend. It also gives you the ability to stand up to someone if they bully you.

Confidence is earned through hard work and effort. You earn it every time you do the things that are hard for you. It teaches you to never give up and always do your best.

Confidence is way cool because it also helps you to build self-esteem. It teaches you to say “Yes I can” even when you think you can’t and things are hard.

**Parent:** Every parent wants their child to have confidence. It is important to building a quality life. A child with confidence has the potential to overcome obstacles and achieve their goals.

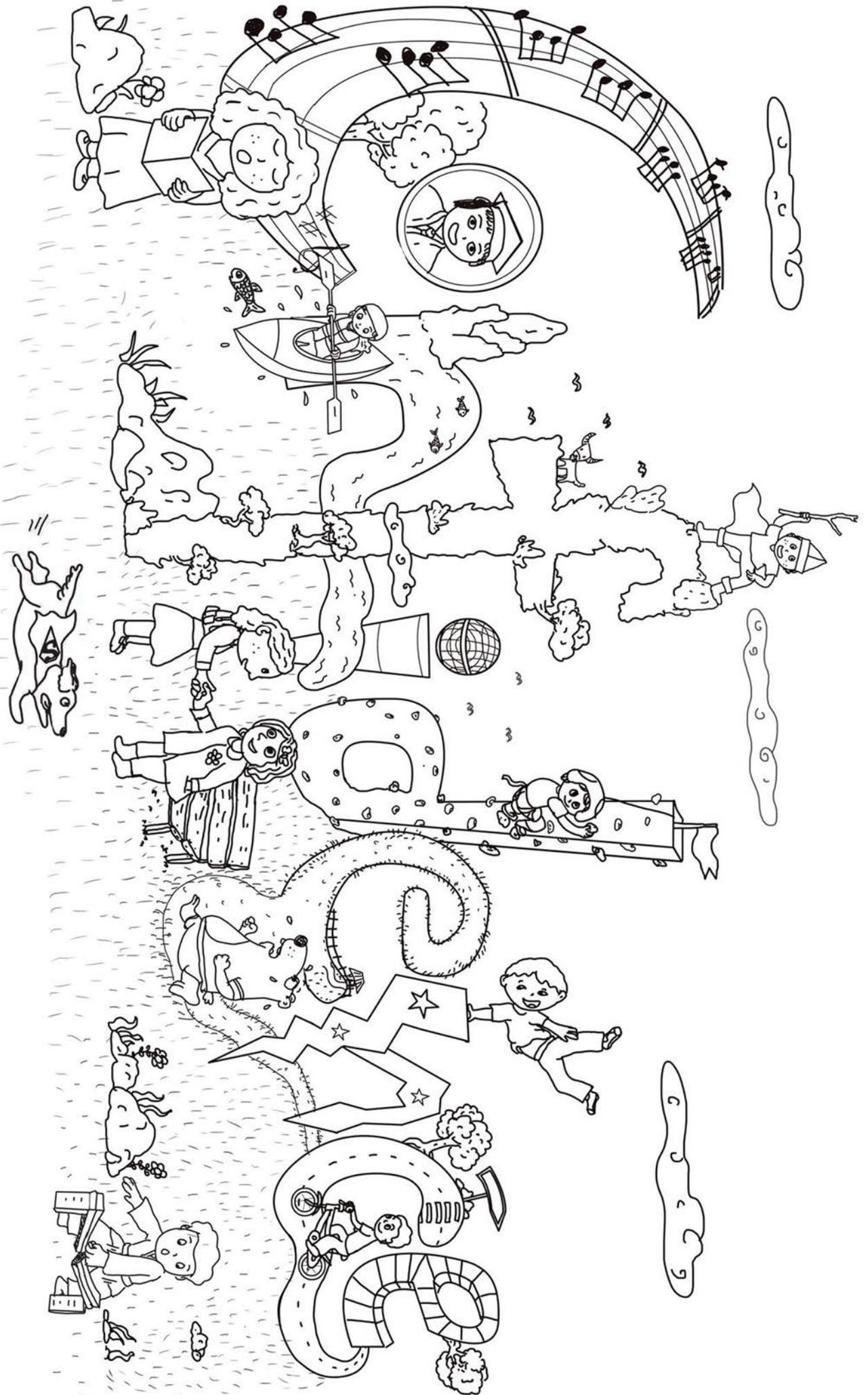
A child earns confidence through hard work and effort, by doing well in school, and respecting their family, especially their parents, at home.

A child without confidence does not believe they are worthy or capable of doing anything great. When things get hard, a child without confidence will most likely quit. Quitting only diminishes a child’s confidence. As parents, we must encourage, even push them sometimes to work harder and never give up.

Praise your child when they do well. Be proactive when they make mistakes or fall short. For example, if your child does poorly on a test at school, get them a tutor to help them achieve their educational goals and build their confidence. Don’t berate or belittle your child by saying things like, “You should have studied harder.” This is counter productive and only hurts their self-esteem.

Confidence is also based upon accountability. Hold your child accountable for their choices and actions with proactive consequences.





To believe in yourself.