

Name: _____

Belt Rank: _____



Confidence

Confidence is not something that can be learned like a set of rules; confidence is a state of mind. **Positive thinking**, practice, training, knowledge and talking to other people are all useful ways to help improve or boost your confidence levels. Confidence comes from feelings of well-being, acceptance of your body and mind (self-esteem) and belief in your own ability, skills and experience.

To Earn Your Stripes:

Every day write a positive note that touts your daily accomplishments, strengths and admirable personality traits. Also write a separate note explaining what the best part of your day was. Keep all your notes in a box, jar, or safe place. At the end of the week, share your affirmations with a parent.

Make and initial on each day you accomplish your goal and have a parent sign when you have shared your accomplishments with them.

	Day1	Day 2	Day 3	Day 4	Day 5	Parents Initials	Instructor Initials
Week 1							
Week 2							
Week 3							
Week 4							