



MODULE 1:

# Confidence

## MODULE 1: CONFIDENCE

# What is confidence?

Confidence is defined as a feeling of  
\_\_\_\_\_ arising from one's  
\_\_\_\_\_ or  
qualities.



### 5 Characteristics of Confidence:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **What does confidence look like to you?**

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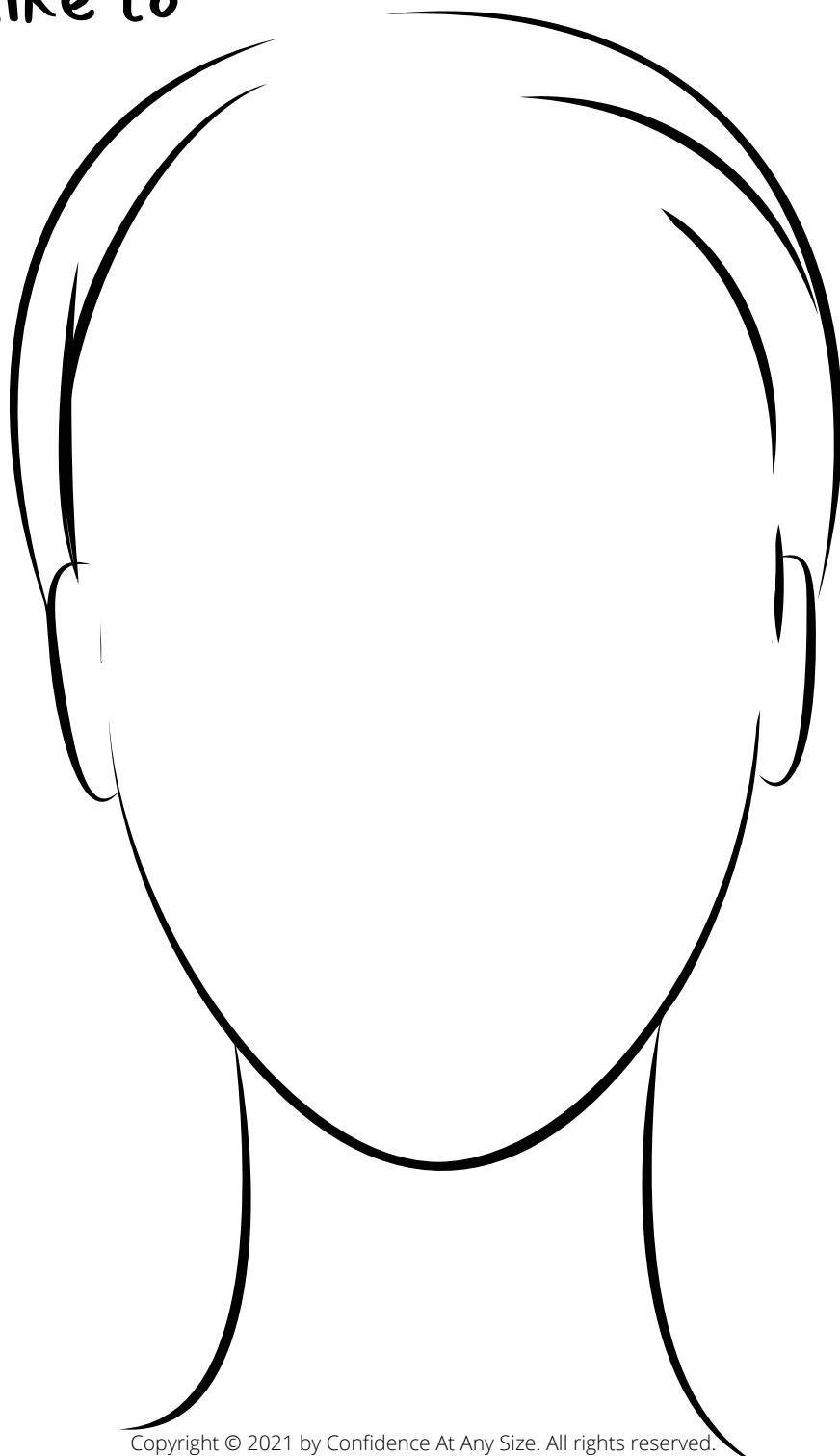
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## MODULE 1: ACTIVITY

Who does  
confidence  
look like to  
you?

Draw what you  
think a confident  
person looks like.





## SELF-REFLECTION

**Question 1: Name one person that embodies confidence to you.**

**Question 2: What does this person do that makes you think they are confident?**

“

Honest self-reflection  
opens your mind to  
reprogramming, change,  
success and freedom.

– Vikas Runwal

**Extra Thoughts:**

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## MODULE 1: CONFIDENCE

# Confidence vs. Cockiness

\_\_\_\_\_ comes from believing in \_\_\_\_\_ and while having humility.

**VS.**

\_\_\_\_\_ is \_\_\_\_\_ or showing off with NO humility.



**How do you view confidence vs. cockiness?**

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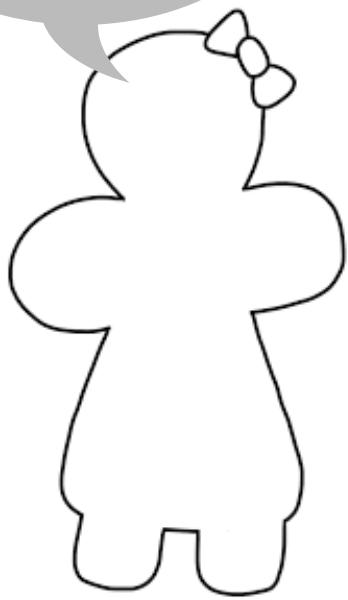
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## MODULE 1: ACTIVITY

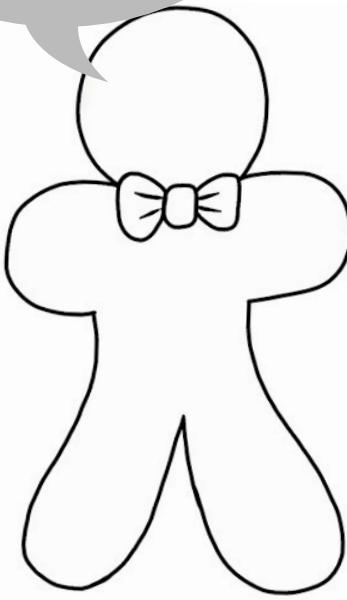
Now that you know the difference between confidence and cockiness, take the pictures of boys and girls with phrases on them and place them in the appropriate category.

**I'm the best  
at everything.**



**I can do this!**

**VS.**



**What are some other characteristics of a confident or cocky?**

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## MODULE 1: CONFIDENCE

# How to Gain Confidence

“ *Self-confidence is a super power. Once you start to believe in yourself, miracles starts happening.* ”

- \_\_\_\_\_: There will always be people that will try to discourage you from accomplishing your goal. Don't listen to them! Believe in yourself and keep going.
- \_\_\_\_\_: Whatever it is you love, create space for it, because life is short. You need time to enrich your life and to recharge to be your best self.
- \_\_\_\_\_: Confidence is built on accomplishment. It begins with your day-to-day goals. If you accomplish the goals you set for every day, chances are you will begin meeting weekly and monthly goals, which will eventually lead to you accomplishing big projects.



**What else can help you gain confidence?**

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## MODULE 1: ACTIVITY

Create a self-portrait and list your strengths and skills.

### **Strengths/Skills**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### **What do you see?**

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# SELF-REFLECTION



**Question 1: What would it mean to you to have confidence?**

**Question 2: How do you feel it would change you or your circumstances to have confidence?**

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“Reflection... Looking back so the view looking forward is clearer.”

– Unknown

**Extra Thoughts:**

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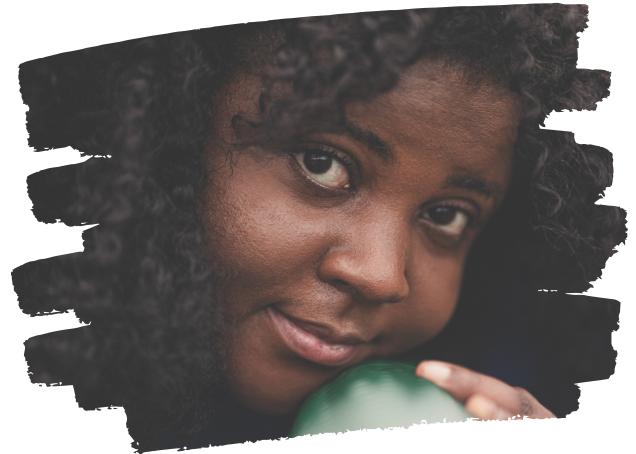
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## MODULE 1: CONFIDENCE

# How to Keep Your Confidence

Our confidence can be shaken in many ways. Maybe you are an athlete and you have lost several games in a row. Maybe a close friend or relative made a rude comment about you, or maybe you are trying something brand new and have no certainty if you will be any good at it. Either way, your confidence has the ability to flee from you at any moment. This is why it is so important to do daily confidence exercises to keep your confidence high.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**Write an affirmation to yourself.**

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# SELF-REFLECTION



**Question 1: Which of these confidence exercises will you use and why?**

**Question 2: What's another confidence exercise you can do that is not listed above?**

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Self-reflection is a humbling process. It's essential to find out why you think, say, and do certain things.... then better yourself.

– Sonya Teclai

**Extra Thoughts:**

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## NOTES

## NOTES