



LEADER LINKS

Week of October 31, 2011

About the LEADER LINKS...

The Leader Link is a weekly message delivered via email to support character development, good citizenship and social responsibility. The Leader Links address the same character traits that our students focus on throughout the week. Each Leader Link provides a simple definition, an inspiring quotation, a thought provoking question and an action prompt to encourage you, your friends, associates or group to consciously incorporate each quality into daily living.

SELF CONFIDENCE

Definition:

Self-Confidence means believing in yourself and your own abilities.

Leader's Message:

Self confidence can be described as your assessment of your own self-worth. And that is closely related to the difference between your self-image (how you see yourself) and your ideal self (how you would ideally like to be). The bigger the gap, the less self confidence you have.

Have you ever given thought to ways you can bridge that gap?

Food for thought:

Consider this quote by Mary Kay Ash: * Aerodynamically, the bumblebee shouldn't be able to fly, but the bumble bee doesn't know it, so it goes on flying anyway. How about that for self-confidence?

Action Prompt:

Believe in Yourself!

Developing self confidence is an ongoing process. Think of it like a circle that includes: **Goal Setting - Reinforcement - Success - Positive Feedback - Greater Self-Confidence**. Each of these steps is critical in closing the confidence gap:

- GOAL SETTING works so well in building confidence because it provides a measurable way of seeing how you're doing and then building on the success.
- REINFORCEMENT, whether it comes from one's self or others, encourages you to stay the course, achieve SUCCESS and set new, slightly more challenging goals.
- POSITIVE FEEDBACK helps keep you motivated and helps you believe that you can expect your goal to be achieved.
- Greater SELF CONFIDENCE is achieved as each goal is achieved.

** Mary Kay Ash (1918 - 2001) was an American businesswoman and founder of Mary Kay Cosmetics, Inc.*