

SELF CONFIDENCE

Week of October 31, 2011

DAY 1

Good morning and welcome to *The Principal's Principles*. **SELF CONFIDENCE** means believing in yourself and your own abilities. Everyone has different talents and strengths. Some of you are talented dancers, while others are great basketball players. Some of you write wonderful stories, create lovely art, or play a musical instrument. All of you have individual gifts and abilities. Think about what you like to do and build on your strengths. Believe in yourself and your confidence will grow along with your accomplishments. Make it a magnificent day!

DAY 2

Good morning and welcome to *The Principal's Principles*. One way you can gain **SELF CONFIDENCE** is to do your homework, or in other words . . . prepare. If you study hard for your spelling test, you will feel confident that you can earn a good grade. If you practice the piano every day, you will gain confidence about your ability to play well at your recital. If you perform your class presentation in front of family members, you will be more confident when it is time to stand in front of your classmates. Preparation is one of the keys to gaining confidence. Now you have another great reason to "Do your Homework!" Make it a terrific day!

DAY 3

Good morning and welcome to *The Principal's Principles*. Success builds **SELF CONFIDENCE**. The more you succeed, the more your confidence will grow. Michael Jordan, one of the greatest basketball players of our day, said: "You have to expect things of yourself before you can do them." Think of something you would like to learn or a talent you want to develop. Set specific, realistic goals for yourself. Make them challenging enough that you will feel good when you accomplish them, but not so hard that they are out of your reach. Expect great things of yourself! Make it a wonderful day!

DAY 4

Good morning and welcome to *The Principal's Principles*. People with **SELF CONFIDENCE** are not afraid to try new challenges, because they believe in their own ability to succeed. What would happen if you knocked the "T" off of the word "CAN'T"? Then put the letter "I" in front of the answer whenever you are trying to do something new or hard. Tell yourself: "I CAN!" Give yourself an encouraging pep talk, just like you would give to a friend. Tell yourself: "I believe in you," and "You can do this!" You don't have to be perfect; you just have to keep trying! Think of something you have not tried because you were afraid you might fail. Maybe it's time to knock the "t" off of the "can't" and give it a try! Make it a tremendous day!

DAY 5

Good morning and welcome to *The Principal's Principles*. **SELF CONFIDENCE** comes from believing in yourself. Everyone feels a little timid or insecure sometimes. It really helps if your friends and family members encourage and cheer you along in your efforts to learn new things. Remember how good it feels when someone says: "You are very talented!" "Try again, you'll get it this time!" "You can do it!" Help others to believe in themselves with your encouraging words. Success comes in CANS; failure comes in CANT'S. Make it a fabulous day!