

Self Confidence

First Step to Success



Think of Yourself

The more confident you are, the more capable you feel, no matter the task. When you feel capable and sure of yourself, you are easily motivated and more likely to overcome hurdles in studies and reach your potential.

Activity 1 – ‘I Am’

One of the most popular classroom activities to build self-confidence is the “I Am” activity. Think positively and with energy about who you are. The idea is that by writing down such positive thoughts, you are reinforced in your mind, and by thinking about yourself and your qualities positively, your self-confidence is heightened.

To do the “I Am” activity, you will need:

A sheet of paper, pen or pencil, some old magazines, scissors and glue

On the paper, create a list of “I am”s. Some examples include: “I am a hard worker.” and “I am good at playing cricket.” Each sentence must begin with “I am...” Write down as many positive attributes and qualities about yourself as you can think.

Then decorate your list by adding magazine cut outs of things they like or by drawing, etc. The idea is that you will either keep these throughout the year, so that you remember to be positive throughout the year.

Activity 2 - A Letter to Yourself

An ever popular activity is writing letters to the self, like Virat Kohli recently wrote to a younger self of himself.

You write a letter to your future self, writing about your life at the moment, your desires and challenges, or your future goals, etc. Keep the letter with you and read it after 1-2 years and see what you have achieved and how your life has changed.

Activity 3 – Character Sketch

Make a list of your positive character traits that make you a good friend, or good sister/brother to your siblings. Describe in detail why you think that quality fits you and how these traits are important to you and to people around you. If you think you are a helpful person, think of how you helped your mother at any instance and why it was important for her. By writing down and/or sharing something that you have done for others, you will feel more positively about yourself and your behaviours. This is also a helpful way for you to start thinking about what kind of person you want to be.