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Believe in Yourself Challenge

Building Confidence to Succeed

Learner name:	<input type="text"/>
Centre name:	<input type="text"/>
Tutor name:	<input type="text"/>



**Sports
Leaders**



Dear Learner,

The 'Believe in Yourself' challenge has been developed as part of the learning support challenges for our learners. This challenge will build your self-belief and help you to have confidence in your own ability which will make you more resilient in situations where you need to bounce back.

We recommend that this challenge is completed as part of your introduction to your award or qualification and it has been referenced in your Learner Evidence Record/Passport.

We hope you enjoy the challenge and it helps you progress your skills in these strange times.

Best wishes,

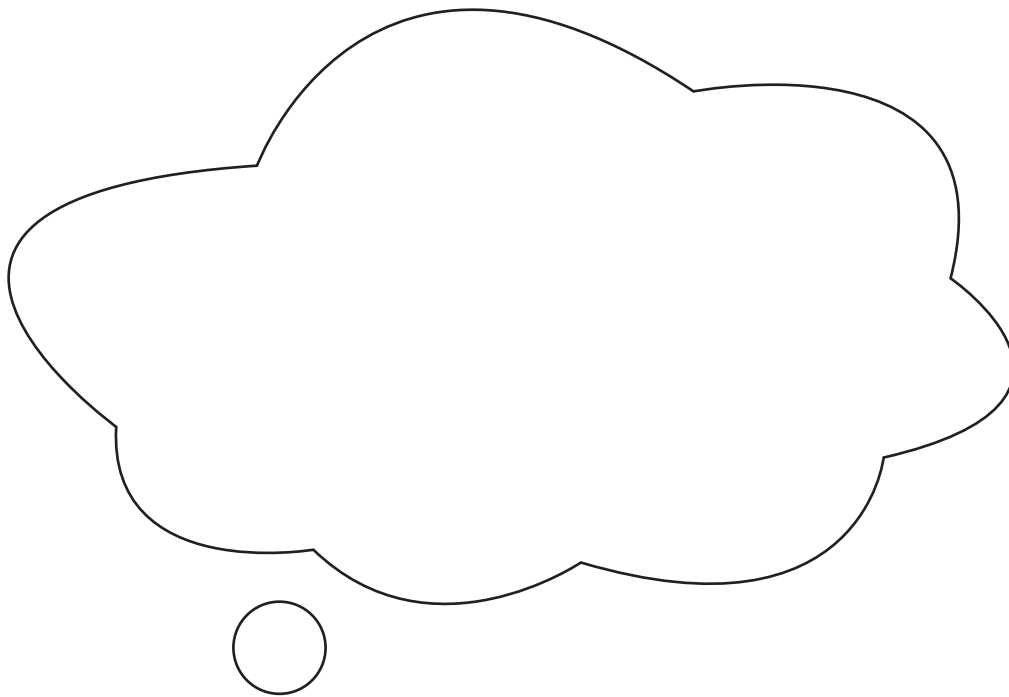
The SLQ Sports Leaders Team

Before you start the 'Believe in Yourself Challenge' answer the following...

Rate your confidence to learn new skills.

(Score yourself out of 10)

Complete the following confidence wish to include something you wish you had the confidence to do e.g. present in front of my peers.



Introduction to the challenge

This challenge is all about building your confidence. The challenge starts by exploring what confidence is and why it is important. You will then work through a series of activities focused on helping you build your own confidence. By the end of the challenge we hope you will have the self-belief to achieve anything you want to!

What you need to do to complete this challenge

To complete this challenge, you will need to work through the activities listed throughout this workbook. The table below highlights the three main parts to the challenge and some timings for each activity as a guide.

This challenge is suitable for all levels of learners, however, we have also introduced some extension challenges for those of you who want to push yourself further.

The challenge is split into the following areas of learning:

Learning Section	Activities to complete	How long this should take you?
Part 1 – I Can Learn	1. What do you need Confidence for?	5 minutes
	2. Confidence and Learning New Skills	5 minutes
	3. Knock Backs	10 minutes
	4. Bouncing High and Low	5 minutes
	5. Resilience Role Models	10 minutes
Part 2 – I Can Build	6. Five Day Confidence Mission	60 minutes
	7. Focus on the Positives	10 minutes
Part 3 – I Can Reflect	8. Reflecting on the 'Believe in Yourself' challenge	10 minutes

PART 1: I CAN LEARN

What is Confidence?

Confidence is about believing in yourself and being as positive as you can about your knowledge, skills and behaviours. Being confident will help you achieve what you set out to achieve in your education and day to day life.

Confidence is a highly valued behaviour but it can be a tricky behaviour to balance. If you have too much of it you can be thought of as arrogant or big headed. Too little, and you might not have the belief to take advantage of opportunities that come your way.

The good news is if you are not as confident as you would like to be then you can improve it by following some simple tips which will be covered later.

Why is Confidence Important?

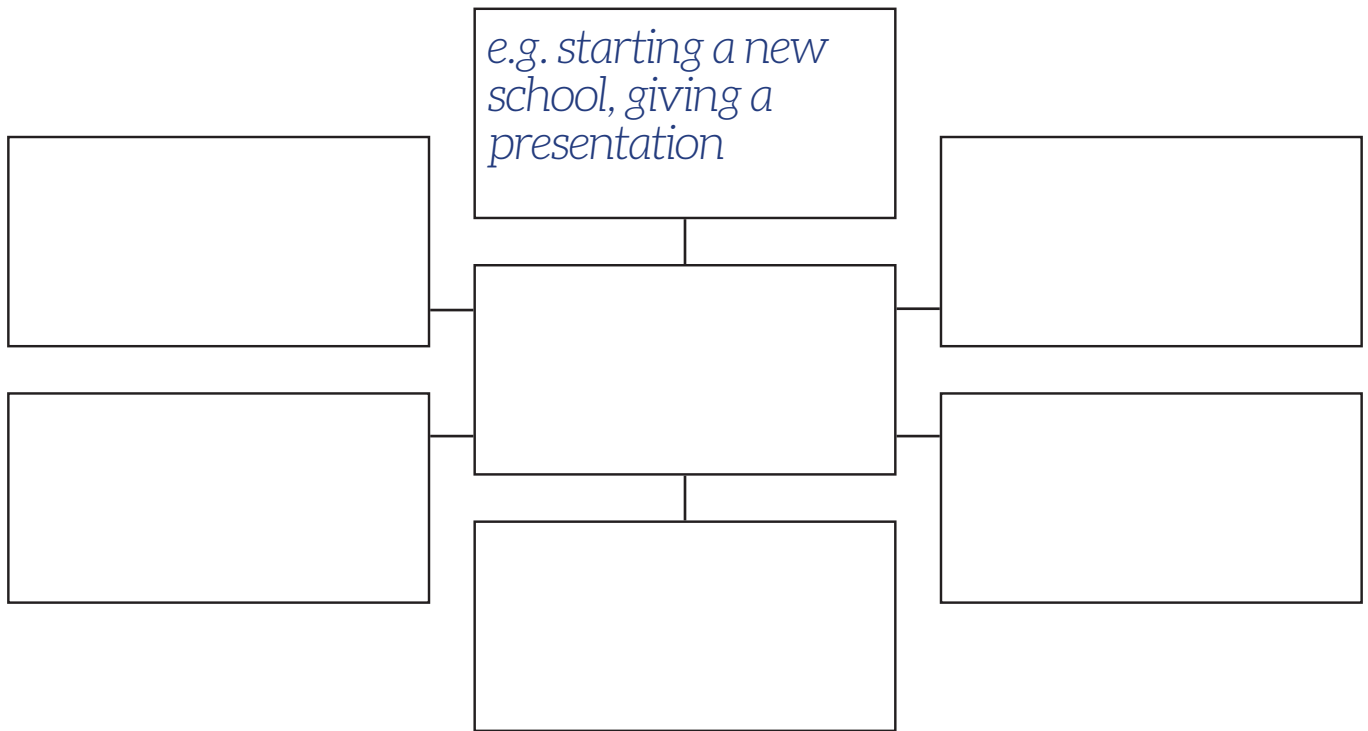
Being confident can improve your happiness, wellbeing and bring about greater success.

Confidence can also help you learn a new skill or improve an existing skill. If you have completed the 'Skills for Progression Challenge' you will have learnt or will be learning about our Skills Framework and the five skills that employers want and need for almost any job - Communication, Self-Belief, Teamwork, Self-Management and Problem Solving. As well as being a core part of Self-Belief, confidence is also key to making you better at the other skills.

Without confidence you won't feel you are able to improve your skills, you probably won't try or may give up too easily. Believe in yourself and you will find a way to make the improvements you want!

Activity 1: What do you need Confidence for?

You need confidence for a lot of things in life. Think of some different examples where you have personally needed confidence to progress. Add them into the diagram below. A couple of examples have been included to get you started:



Activity 2: Confidence and Learning New Skills

When learning something new you need the confidence to have a go and sometimes to keep going. Think about something new you have learnt e.g. a new sports skill, learning to cook a meal, or even learning to code. Answer the questions in the table below:

What new skill did you learn?	
How did confidence help you learn this new skill?	

What does Confidence feel like?

When you feel confident you won't be worried about failing, you won't be worried about what other people think, you will be willing to take risks and maybe even do something that you might not usually do.

If you are feeling confident you will be able to tell yourself ...

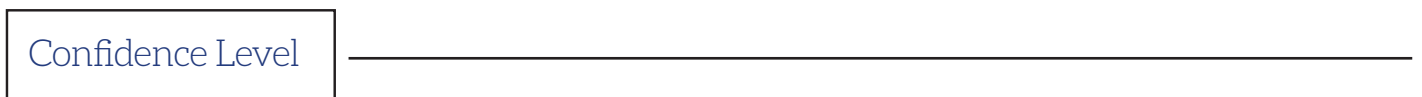
- ✓ I can do this
- ✓ I believe in myself
- ✓ I am capable
- ✓ I am willing to try
- ✓ I am proud of myself
- ✓ I am brave

... and you will believe in your own ability to be able to complete the task ahead.

What can impact on Confidence?

It is important to understand that your level of confidence does not always stay the same. As well as improving, it can also decrease. Some days you might feel more confident than others. Your confidence level does not always transfer throughout everything in your life either. For example, at school you might be more confident about your abilities in one subject over another. It is difficult to be confident all the time, but you can work on being confident more regularly.

What people think your confidence level looks like:



What your confidence might actually look like under the surface:



The reason that your confidence level is so changeable is that there are factors in our environment that can have a negative impact on your confidence level. Below are a few examples:

- Social media
- Negative feedback
- Falling out with friends
- Worrying about exams
- Relationship break ups
- Failure
- Not getting the grade or mark you wanted
- Worrying about what other people think

Some of these things you won't have control over and at times they will feel overwhelming. It is important that we find ways to cope with the environment to try and make our confidence levels remain as stable as possible.

Activity 3: Knock Backs

You might hear people refer to changes in their confidence level as a knock back. This is where your confidence may be lower than it was before.

Write or record some reflections on your confidence levels. It does not have to be in this workbook, but there is some optional space below. You could draw, film or find some other way to record your thoughts.

Try and answer the following questions:

Has there been a time in your life when your confidence was knocked?	
What caused a change in your confidence?	
What did this feel like?	
What did you do?	

Use this space to record some personal reflections here (if you want to)

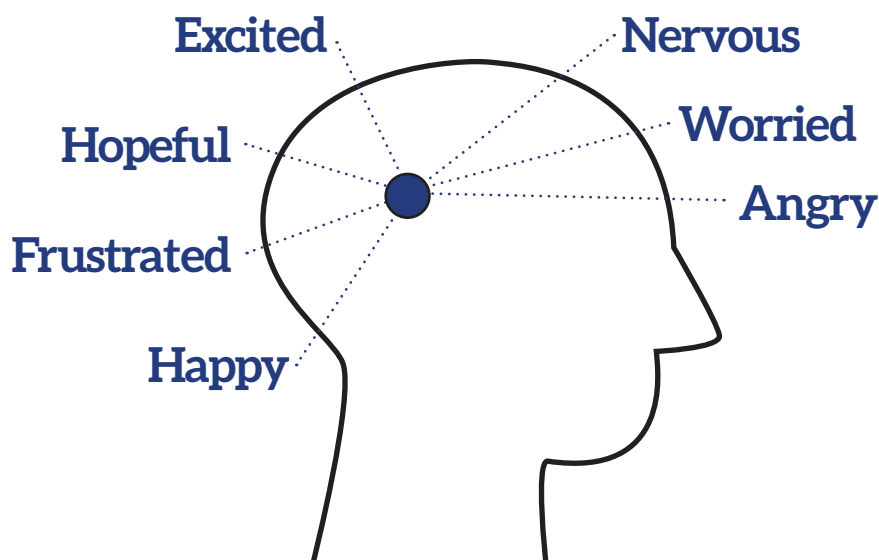
Extension Activity: Level Up (for all): *Imagine you were a character in a computer game. To progress to the next level, you need to improve your confidence. What positive phrases would you need to collect to feel more confident?*

Resilience and Confidence

Resilience and confidence are connected. Resilience is your ability to cope with challenging situations. Improved resilience like confidence is associated with improved happiness and well-being. Greater resilience helps prepare you for life's ups and downs. It means you can handle whatever comes your way. Resilience means you have the ability to 'Bounce back'.

Life changes and sometimes there is nothing you can do about it. Having your own tools and ideas to boost your resilience is important. Also having the self-belief to try new things is important especially when you need to bounce back.

When you face a challenging situation, it can bring about a range of emotions. No two individuals are the same and therefore how you feel will also be unique to you.



It is important to recognise you can't change how you feel. Your feelings are totally normal! You can, however, change how you respond to the challenging situation to help you bounce back.

The good news is you have probably been using resilience without even realising it. For example, take an extreme situation like the Covid-19 pandemic. This has resulted in big life changes and consequently challenges for a lot of people. You have probably experienced a change in the way your education is delivered, separation from friends and loved ones etc. Without even realising you will have been using resilience to cope with what has happened.

Activity 4: Bouncing High and Low

Find a ball (or pair of socks). Throw the ball up in the air, or bounce it up and down.

- When the ball is going down think of something negative that has happened.
- When the ball is going up try and turn this into a positive.

An example might be...

- *I miss my friends (negative).*
- *I am grateful to be spending more time with my family (positive).*

POWERUP



Think about the positives in every situation. There will always be something!

Did you know?

Michael Jordan is widely thought of as the greatest basketball player ever. His athletic ability and success on the court was extraordinary. During his career he faced many setbacks. A very early setback he faced was being dropped from his high school team. It could have been a very different story for Michael but he is someone who always bounced back. He had the resilience and self-confidence to keep going.

"I've failed over and over and over again in my life. . . and that is why I succeed"

Michael Jordan

Activity 5: Resilience Role Models

Write down your resilience role model and why. This could be someone you know personally or someone famous.

Tips for Building Confidence

There are different ways you can improve your confidence and be more resilient. Below are a few top tips to help you.

You have to want to change and be more confident

Be determined - don't give up

Focus on the positives

Exercise regularly

Find people to support and help you

Repeat activities often so it becomes a habit and you improve

Think about the things that you can control

Live a healthy lifestyle - eat well and sleep well as this improves feelings of positivity

Celebrate your achievements

Ask someone else what they think you are good at

Stop worrying about what others think

Limit time on social media

POWERUP



Get some exercise and feel more positive. Exercise releases 'happy hormones'.

PART 2: I CAN BUILD

The first part of this challenge introduced you to the importance of confidence and some ideas of how to improve your own confidence levels. The next part is over to you and you will be asked to complete daily activities to build your confidence!

Activity 6: Five Day Confidence Mission

Your mission is to work through the different activities in the table below. An activity has been provided for each day. If you forget a day don't worry just start the next day!

Day 1 Positivity works	Day 2 Get a confidence buddy	Day 3 Do something you love	Day 4 Make someone feel appreciated	Day 5 Be your inner hero
Come up with a list of five words/phrases that make you feel more confident e.g. <i>I will, I can do 'x', be brave etc</i>	Find a person that you can speak to regarding your confidence. Ask them to tell you three personal skills that you are good at and why. You could also tell them three things in return.	Today take time out for you. Choose something that makes you happy and recognise how it feels e.g. <i>read, be active, bake, sing!</i>	Do something positive for someone else. e.g. <i>write a letter to a family member, tell someone how much you appreciate them, draw a picture for someone etc.</i>	Recognise your brilliance. Celebrate three positive skills you have and write them down.

Use the diary on the next page to record your actions...

My Five Day Confidence Mission Diary

Day 1 Positivity works	Day 2 Get a confidence buddy	Day 3 Do something you love	Day 4 Make someone feel appreciated	Day 5 Be your inner hero

Extension Activity (for further development):

Keep up the confidence mission for longer. Think of some different daily challenges you can do e.g. how many smiles can you collect in a day?

Activity 7: Focus on the Positives

One recognised way to improve confidence is to focus on the positives. Record three positive things that have happened to you during the five-day confidence mission.

1.	
2.	
3.	

Extension Activity (for further development):

Try keeping a Positivity Diary. Each day keep a record of three positive things that have happened to you. You will find after a while it becomes more natural to have positive thoughts!

PART 2: I CAN REFLECT

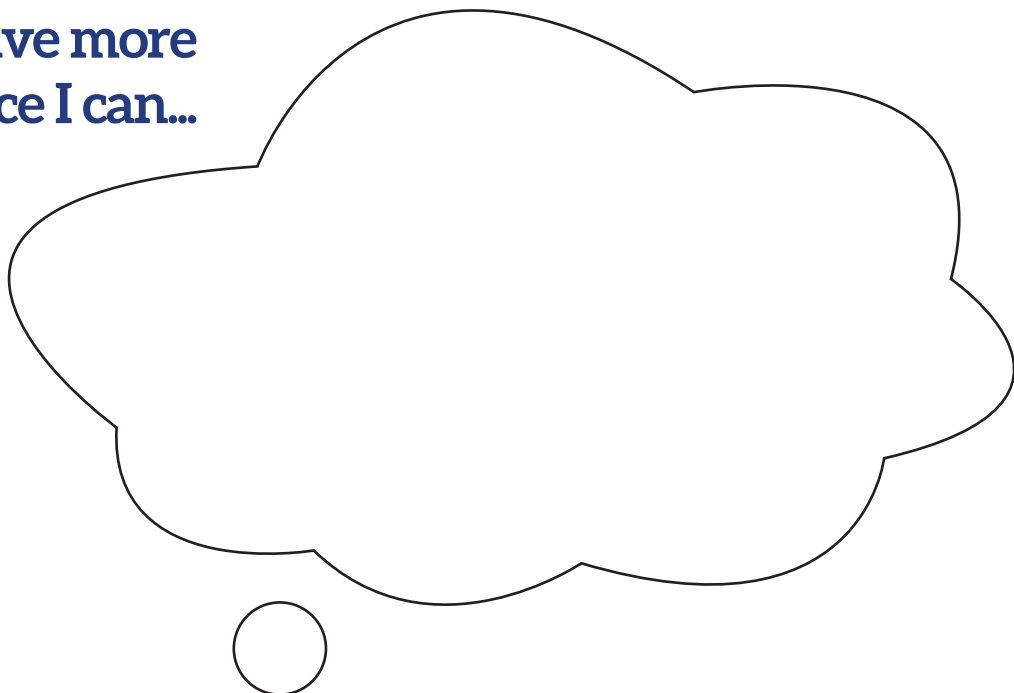
Activity 8: Reflecting on the 'Believe in Yourself' challenge

After completing your Five-Day Confidence Mission in Activity 6 answer the following questions ...

How did completing the Five-Day Confidence Mission make you feel?	
What are you proud of?	
Do you feel more confident as a result? (Yes or No)	
If yes, how will you use your new found confidence in the future?	

Revisit the confidence wish you wrote at the start. Can you change the statement?

Now I have more confidence I can...



CONGRATULATIONS!

Now you have completed your 'Believe in Yourself' challenge.

Use the space below to sum up what you have learnt from completing this challenge.

Let your tutor know that you have completed this challenge and share this booklet. If your tutor is satisfied that you have completed the workbook they will award you with a 'Believe in Yourself' certificate to recognise your hard work. Your tutor may want to comment below:

Tutor Comments (Optional)



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