



MATA
MARTIAL ARTS
TEACHERS' ASSOCIATION

**Martial Arts Teachers' Association
Life Skills and Leadership Curriculum**

CONFIDENCE

**"There is enough in the world for everyone to live on happily
and to be at peace with his neighbor."
Harry S. Truman**

**Balance is this module of success
in the Martial Arts Teachers' Association Curriculum.**

Confidence is one of the most important ingredients in a successful life. Our success in everything we do in our lives, whether sports, business, friendship, or love, depends on our own self-confidence.

The confident person is able to focus on "the big picture" instead of fretting over temporary setbacks. The confident person evaluates his or her own achievements according to his or her abilities, not in comparison to the abilities of others.

These lessons are designed to have your students increase their confidence and identify that self-confidence is one of the most important gifts that we can give ourselves. Your martial arts training helps to build self-confidence from the inside out by setting achievable goals in a supportive environment.

- ☐ **Confidence Worksheets**
- ☐ **Confidence Lesson
Quotes**
- ☐ **Pre-Test Letter**
- ☐ **Post Test Letter**

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curriculum notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

the big picture

Week 1:

Lesson # 1	What is Confidence?
Lesson # 2	Confidence Story / Drill

Week 2:

Lesson # 3	Where Does Self Confidence Come From?
Lesson # 4	Confidence Story / Drill

Week 3:

Lesson # 5	Positive Self Talk
Lesson # 6	Confidence Story / Drill

Week 4:

Lesson # 7	Using Visualization To Improve Confidence
Lesson # 8	Confidence Story / Drill

Week 5:

Lesson # 9	Do What You Fear
Lesson # 10	Confidence Story / Drill

Week 6:

Lesson # 11	Confidence Review
Lesson # 12	Confidence Review

TEST

Recommended study for instructors teaching this course:

Your Child's Confidence
by Dorothy Corkille Briggs (Doubleday-Dolphin Books)

Confidence, How to Succeed at Being Yourself
by Alan Loy McGinnis (Augsburg Publishing House)

sample pre-test letter

Dear Mr./Mrs. (insert name),

(Insert name) has completed nearly all the requirements for (his/her) next rank and will be testing for (his/her) new belt shortly. In addition to having worked on (his/her) physical skills, (insert name) worked on (his/her) understanding of how confidence plays an important role in (his/her) life.

We feel that a person's confidence is a major factor in how they live their life. In fact, we believe it is one of the reason people begin taking Martial Arts lessons in the first place. For the past few weeks your child has been working at building (his/her) self esteem and confidence.

We have discussed that confidence is not only something that comes from within, but can be passed onto others as well. We also learned that facing and doing what you fear, is important to understanding an individual's development. Your child now has a much better understanding of how confidence can change (his/her) life.

We're excited that we could be part of sharing such valuable life skills with (insert name) and encourage you to help build and re-inforce (his/her) confidence in everything (he/she) does for the rest of (his/her) life. In fact, we're hoping that your child's exposure to these lessons on confidence will allow (him/her) to positively respond to life's varied situations.

Yours Sincerely,

The Staff at (YOUR SCHOOL)

P.S. Don't forget (insert name) graduation on (date). We look forward to seeing you there!

sample post-test letter

Dear Mr. & Mrs. (insert name),

Congratulations!

(Insert name) has passed (his/her) examination and, effective immediately, holds the rank of (insert rank). Not only has (insert name)'s improved physically, (he/she) has learned how confidence can contribute to a dynamic and satisfying lifestyle. To us, and we're sure that you'll agree, confidence is one of the major reasons for taking Martial Arts lessons. All of us at (YOUR SCHOOL) are proud to have played a part in helping (insert name) continue to have confidences in everything (he/she) does.

For the next six weeks our curriculum will focus on improving (insert name)'s balance and timing as well as developing another equally important life skill, (insert Life Skill). Over the next few weeks we will work to help your child improve (insert Life Skill). Our lessons and stories will focus on how to improve in this very important area.

When these lessons have been completed, (insert name) will be well on the way toward learning how to apply (insert Life Skill) in (his/her) life. Look out for our (insert Life Skill) Poster and our Quotes of the Month when you stop by the school. Oh, and please remember to do your part at home by encouraging your child to talk about these lessons with you. One is never too young to learn how to enjoy life to its fullest!

Yours Sincerely

The Staff at Martial Arts America

PS. As always, if you have any questions at all about our program or your child's progress, please don't hesitate to call us at (insert phone number).

curriculum notes

[illegible]

LESSON 1

“The biggest tragedy in America is not the great waste of , though this is tragic. The greatest tragedy is the waste of human resources. The average person goes to the grave with his music still in him.”

— Oliver Wendell Holmes

What is Confidence?



- **Students will learn what confidence is.**
- **By the end of the lesson, the students will know the meaning of confidence.**

ages 4-7

Self-confidence is a feeling that you can do something. For example when you're asked to do a kick for the class and you know you can do it because it's your favorite kick. That is self-confidence. Self-confidence can come from knowing that you can do something because you were successful at it before. Sometimes people call self-confidence believing in yourself.

When you believe in yourself it can help you be successful with something you haven't even done before. When you believe in your ability to do something new, as when you try to do a new form, the

success of how well you do your form will improve with your self-confidence. Believing in yourself will help you do better in anything you do.

Self-confidence can help you in other ways also. When a bully threatens you can use your self-confidence to stand up to him instead of letting him push you around and take your lunch money.

Self-confidence is a very important part of learning the martial arts. It is also a very important part of learning to live your life.

Ask your students:

- **What is self-confidence?**
(Self-confidence is the feeling that you can do or accomplish something.)
- **What would be an example of self-confidence?**
(An example of self-confidence could be having the belief that you can learn a new form because you've learned other forms. It could also be standing up to a bully.)
- **Can you learn to have self-confidence?**
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)

Self-confidence is a feeling that you know you can do something. For example when you're shooting a basketball from the free throw line and you know you can make the shot. That is self-confidence. Self-confidence can come from knowing that you can do something because you were successful with it before.

Self-confidence is also a feeling that you can accomplish or finish something. Someone who has run long distances before will have the self-confidence that he can finish a marathon. A marathon is a race that takes more than two hours to run. Someone who has studied hard in school will have the self-confidence that she can graduate. The feeling that you can complete or accomplish something is known as self-

confidence.

When you believe in yourself it can help you be successful with something you haven't even done before. When you believe in your ability to do something new, as when you try to do a new form, the success of how well you do your form will improve with your self-confidence.

Self-confidence can help you in other ways also. When a bully threatens you can use your self-confidence to stand up to him instead of letting him push you around and take your lunch money.

Ask your students:

- **What is self-confidence?**
(Self-confidence is the feeling that you can do or accomplish something.)
- **What would be an example of self-confidence?**
(An example of self-confidence could be having the belief that you can learn a new form because you've learned other forms. It could also be standing up to a bully.)
- **Can you learn to have self-confidence?**
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)

adults

Self-confidence is the foundation of all personal success. With self-confidence people will, try new things, go to new places and set larger and larger goals. With self-confidence you have a greater ability to be creative, to accept new challenges and to bring opportunity into your life. When you demonstrate self-confidence to others opportunities will flow towards you as they recognize that you have the confidence to handle any particular situation.

Sometimes we confuse a person with a smug, overbearing attitude as self-confident when in fact they are merely arrogant. Self-confidence is not cockiness or conceit. Self-confidence is a sense of certainty, a belief that you can take on nearly any challenge in your environment.

Self-confidence can be helpful with a task or in new situations, like meeting a new person, or starting a new job. Self-confidence makes it easier to try and continue to do new things.

As we go through the next few weeks decide on what you are self-confident about and what you would like to improve. Write these down. Through this process you'll know more about yourself and develop more self-confidence, which is the goal of these lessons.

-

Topics for Discussion

- Who do you know that is a self-confident person?
- What makes you believe that he or she is self-confident?

**“There is no value-judgement more important to man – no factor more decisive in his psychological development and motivation – than the estimate he passes on himself.”
— Nathaniel Brandon**

week one
LESSON 2

What is Confidence?



- **Students will learn what confidence is.**
- **By the end of the lesson, the students will know, through stories and a drill, the meaning of confidence.**

Discuss the following questions during warm up to remind the students of the previous lesson.

- 1. What is self-confidence?**
(Self-confidence is the feeling that you can do or accomplish something.)
- 2. What would be an example of self-confidence?**
(An example of self-confidence could be having the belief that you can learn a new form because you've learned other forms. It could also be standing up to a bully.)
- 3. Can you learn to have self-confidence?**
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)

children's story

The Bullies

Billy, who had just started in a new school, had already been in two fights with the schools bullies. He was afraid and didn't want to go to school. His parents decided that it would help his confidence and self esteem if he began taking martial arts classes. The first clas was scheduled for Tuesday afternoon.

When Tuesday afternoon arrived , Billy packed up her books and walked toward the front of the school. As he left the building, he noticed three boys standing close by pointing at him. He continued to walk as they stared at him.

He hurried up the street and crossed at the intersection. Looking over his sholder, he noticed the three boys were following him. He turned the corner and began to run. He ran as fast as he could and soon was breathing hard. With his heart pounding he ducked into a small alley to catch his breath. The allet twisted and turned ans soon billy realized that if he didn't get back to the ster, he would miss the class.

Backtracking down the alley, he finally walked out on to the stree, right in front of

the three boys who had been folowing him! Billy panicked, turned ans fell to the ground, scrapping his knee on the concrete. He felt a hand on his sholder and knew he was in big trouble.

"Leave me alone," Billy blurted out. "Don't hit me!"

The boys laughted and on of them said, "I'm John, this is Pete and that's Robert. We heard you were joining the martial arts school we go to and were trying to cacth up with you to go to class.

"But, I thought you were the bullies that beat kids up," Billy said.

"Nah," John said, "We know about those guys and we used to be afraid of them. Not any more though. Since we began taking martial arts classes, we've all become more confident."

"I used to think that anyone who gave me a strange look was going to hurt me." Pete said. "Then after I started the martial arts classes I realized that most of the fear was inside myself. I learned that I could always remain in control of any sitiation and that made me more confident at school."

"Come on guys," Robert shouted, " We're gonig to be late for class!"

The four boys, now friends, ran down the street like the wind to their class.

Ask your students:

- Why was Billy afraid?
- How did the other boys help him?
- Have you ever been afraid like Billy?

The Shy College Student

As a boy he was extremely thin and painfully shy. He wanted to be a hard-boiled, tough strong man but no matter how many milk shakes and banana splits he consumed he couldn't gain an ounce. Even worse, he was the son of a minister. Being from the farm country of Ohio this fact made it even worse for him.

It seemed that every member of his family was a public speaker of some sort. This was the last thing he wanted to be.

"I was shy and bashful," he says, "and this self-image of inadequacy might have gone on indefinitely had it not been for something a professor said to me during my sophomore year in college. One day after I made a miserable showing, he told me to wait after class. 'How long are you going to be a bashful like this, a scared rabbit afraid of the sound of your own voice?' he demanded. 'You'd better change the way you think about yourself Peale, before it's too late.'"

That may sound pretty harsh to you but what's important is that talked worked. That boy grew up to write one of the best-selling books ever printed, "The Power of Positive Thinking". Of course the boy's name was Norman Vincent Peale.

Dr. Peale went on to finish his story by saying, "Something did change. The inferiority feelings were not all gone; I have some to this day. But I changed the image of myself – and with it the course of my life." The good news is that if this shy boy could make a change like that, anyone can.

Topics for Discussion:

- Is there an in-your-face lecture you can give yourself, like the one the professor gave to Norman Vincent Peale, that can help you to boost your self-confidence?
- What did Peale mean by "I changed the image of myself"?

DRILL

Student Led Stretching

It takes real self-confidence to lead a whole class in stretching, at the beginning of each class pick out several students to stretch out the class. Have them get in front of the class in lead in their favorite stretches. To get them moving, tell them to start off with “butterflies” stretch, or something that is familiar.

Do not leave the students by themselves, this might make them nervous. Also be close by to give them some helpful advice in case they need it.

Do the following things to show confidence:

1. Speak loudly and clearly so everyone can hear you.
2. Think about the next stretch in advance so you can move to the next stretch smoothly.
3. Smile, this shows confidence.
4. If you are not confident about what you are doing, it's OK!

Variations:

1. If it is a smaller class, have each of the students get in front of the class and show their favorite stretch, this will give everyone the opportunity to practice confidence.
2. If it is a medium to large class, pick several students in the class to do their favorite stretches.

“No one can make you feel inferior without your permission.”
—Eleanor Roosevelt

week two
LESSON 3

Where Does Self Confidence Come From?



- Students will learn the origins of self-confidence.
- By the end of the lesson, the student will know where their self-confidence comes from.

Discuss the following questions during warm up to remind the students of the previous lesson.

1. What is self-confidence?
(Self-confidence is the feeling that you can do or accomplish something.)
2. What would be an example of self-confidence?
(An example of self-confidence could be having the belief that you can learn a new form because you've learned other forms. It could also be standing up to a bully.)
3. Can you learn to have self-confidence?
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)

ages 4-7

Confidence isn't something that you are born with. Self-confidence is something you learn. You learn self-confidence from your parents and teachers as well as here in your martial arts class. You also learn self-confidence from trying and doing new things.

When you try your best in class you are working on improving your self-confidence. In fact, anytime you try something and you are even a little successful at it you are improving your self-confidence. What we all need to learn is that it doesn't matter if we don't do it well the first time we try; it matters that we try our best.

Be patient and let yourself make mistakes. It's the best way to learn self-confidence.

Ask your students:

- **Is self-confidence something that you are born with?**
(No self-confidence isn't something you are born with.)
- **How do you get self-confidence?**
(You learn self-confidence by trying and doing new things.)
- **What should you do to improve your self-confidence?**
(In order to improve your self-confidence you should always try your best even if you make mistakes.)

You aren't born with self-confidence you learn self-confidence. One way you learn self-confidence is through people you respect, such as your parents and teachers. You are learning about self-confidence right now in your martial arts class through these lessons and by practicing your martial arts. One of the most important ways to learn self-confidence is by trying and doing new things.

Anytime you give your best in class you are improving your self-confidence. In fact, anytime you try something and you are even a little successful at it you are improving your self-confidence. What is important to learn is that it doesn't matter if you don't do it well the first time you try do something; it matters that you try your best every time you try.

The best way to learn self-confidence is by being patient as you learn new things and don't worry about making mistakes. With patience, mistakes will make you better at almost anything.

Ask your students:

- **Is self-confidence something that you are born with?**
(No self-confidence isn't something you are born with.)
- **How do you get self-confidence?**
(You learn self-confidence by trying and doing new things.)
- **What should you do to improve your self-confidence?**
(In order to improve your self-confidence you should always try your best even if you make mistakes.)

adults

No one is born with confidence. Confidence or the lack of it is a learned experience. If your parents, teachers and peers were constantly praising your accomplishments and encouraging you to try new things then there is little doubt you would be well endowed with self-confidence. If however, your parents constantly used negative motivation, told you things like, "That's not the way you do it. Can't you do anything right? Why are you not more like your brother or sister?" Then the chances are this would have had a negative effect on your self-esteem and confidence. Most parents especially those of a decade or two ago had no idea of the power they had in shaping their child's future based only on a few simple words. They certainly didn't mean to do a bad job they simply did the same things they saw their parents do to them. The same is true of teachers some are great and build your confidence in a particular subject while others are horrible and belittle you for your supposed "stupidity".

Many people have risen beyond the handicap of a negative upbringing. Churchill had a very unhappy childhood, as did Martin Luther King. Einstein was classified as mentally retarded and Edison was thought too slow as a learner. All of these people overcame poor upbringings and are well remembered today.

If your childhood experiences were negative with regards to self-confidence there is obviously nothing you can do to change the past. You can however begin to recognize patterns of behavior that stem from your past and take the next steps in reforming what you believe to be true about your levels of confidence. Just because someone else's opinion was that you were not particularly good at something certainly doesn't mean you have to accept it. Getting good at anything is merely a matter of education and practice. This in itself is the first step to self-confidence.

Topics for Discussion

- What has helped, or hurt, your self-confidence?
- Did someone help you gain self-confidence? How?

**"It's alright to have butterflies in your stomach.
Just get them to fly in formation."
— Dr. Rob Gilbert**

week two
LESSON 4

Where Does Self Confidence Come From?



- **Students will learn the origins of self-confidence.**
- **By the end of the lesson, the student will know, through stories and a drill, where their self-confidence comes from.**

Discuss the following questions during warm up to remind the students of the previous lesson.

1. **What is self-confidence?**
(Self-confidence is the feeling that you can do or accomplish something.)
2. **What would be an example of self-confidence?**
(An example of self-confidence could be having the belief that you can learn a new form because you've learned other forms. It could also be standing up to a bully.)
3. **Can you learn to have self-confidence?**
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)
4. **Is self-confidence something that you are born with?**
(No self-confidence isn't something you are born with.)
5. **How do you get self-confidence?**
(You learn self-confidence by trying and doing new things.)
6. **What should you do to improve your self-confidence?**
(In order to improve your self-confidence you should always try your best even if you make mistakes.)

children's & adult's story

Confidence Through Adversity

Many years ago there was a carpenter and his wife who lived in the hills of the backcountry. They could barely make enough to live from the man's work in carpentry and woodcutting. When a son was born the parents naturally thought that the son would follow in his father's footsteps in carpentry and chopping wood. As the boy grew into manhood he discovered that chopping wood didn't satisfy his hunger for knowledge. So he borrowed books and read by candlelight during the evening hours.

At twenty-three he ran as a candidate for his state's legislature and lost. He continued studying in his spare time and dreamed of becoming a lawyer. After many years of studying at home he took the test to become a lawyer and passed! During this time he had worked on a Mississippi ferryboat, in a saw mill, in a general store, in a post office, as a farmhand, as a surveyor and in the state's Army.

He fell in love with a young woman who, after promising to marry him, decided to break their engagement. When he was thirty-three he married and he and his wife had four sons, three which died before becoming adults.

Ask your students: (children)

- **Was Abraham Lincoln born with self-confidence?**
(No. Abraham Lincoln wasn't born with self-confidence.)
- **Have you ever heard of Abraham Lincoln?**
(Get answers from your students.)
- **Did you know he had so many problems before he became president?**
(Get answers from your students.)

children's & adult's story

At thirty-five he again ran for public office, and lost. When he was forty-seven his party asked him to run for vice-president of the United States and he lost. When he turned forty-nine he ran for the United States Senate and lost again.

Two years later at the age of fifty-one he ran for President of the United States and won. He became one of the most beloved presidents in the history of the United States. His name was Abraham Lincoln.

Topics for Discussion (adults)

- **Given his track record of losses, what do you think made Abraham Lincoln keep trying? (The confidence it takes to succeed).**
- **How many of you would realize that you are not achieving the success you would like because of past failures or lack of confidence in your abilities?**
- **What can you do, starting today, to change that?**

DRILL

Competition Forms

This drill is to teach to all your students that it takes a lot of confidence to enter and win at a tournament. When you participate in a tournament not only do you have to know your form perfectly you have to put aside your nervousness and take on confidence.

You can show confidence by:

1. Having good body posture: shoulders back, head up, back straight, eyes straight, loud voice.
2. Answer with aloud "Yes Sir/Yes Ma'am" when your name is called.
3. Do your introduction to the judges with confidence, say your name, your school is (YOUR SCHOOL), and the name of your form
4. Look at the judges while you are saying your introduction, with confidence.

Next, select five students to be your judges, after each competitor, rotate your judges to give everyone a turn. Then, select an experienced student to give an example of the way a student must perform their form at a tournament. Or, give the example yourself.

Finally have all your students go through the procedures with confidence.

Whether your school participates in tournaments or not, this is an excellent way to practice their form and practice confidence.

“What we see depends on mainly what we look for.” — John Lubbock

week three
LESSON 5

Positive Self Talk



- **Students will learn how to use positive self-talk to improve their confidence.**
- **By the end of the lesson, the student will know how to use positive self-talk to improve their confidence.**

Discuss the following questions during warm up to remind the students of the previous lessons.

1. **What is self-confidence?**
(Self-confidence is the feeling that you can do or accomplish something.)
2. **What would be an example of self-confidence?**
(An example of self-confidence could be having the belief that you can learn a new form because you've learned other forms. It could also be standing up to a bully.)
3. **Can you learn to have self-confidence?**
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)
4. **Is self-confidence something that you are born with?**
(No self-confidence isn't something you are born with.)
5. **How do you get self-confidence?**
(You learn self-confidence by trying and doing new things.)
6. **What should you do to improve your self-confidence?**
(In order to improve your self-confidence you should always try your best even if you make mistakes.)

ages 4-7

Self-talk is what you say to yourself about yourself. Everybody talks to himself or herself, even if it's not out loud. The problem is the way he or she uses this self-talk. Most people make a mistake and say, "I can't believe I made that dumb mistake! Why did I do such a dumb thing?"

There is a better way to talk to yourself. For example, if you make a mistake you can say, "I made a mistake. I wish I wouldn't have made that mistake, but I did, but the next time I'll do better!" By thinking about your mistake as a way to learn you can develop better self-confidence in everything you do.

For the next few weeks try to listen to what you tell yourself. If you are in the habit of negative self-talk change the way you talk to yourself. Tell yourself, "I'm learning new ways to talk to myself positively, especially when I make a mistake!" In a short while you'll have developed much more confidence in your ability to learn from your mistakes.

Ask your students:

- **What is self-talk?**
(Self-talk is the way you talk to yourself about yourself.)
- **Do most people have positive or negative self-talk?**
(Most people have negative self-talk.)
- **What kind of self-talk will improve your self-confidence?**
(Positive self-talk will improve your self-confidence.)

What you say to yourself about yourself is known as self-talk. Everybody talks to himself or herself, although usually self-talk is not out loud. Most people use self-talk in a negative way. For example, when most people make a mistake they say, "I can't believe I made that dumb mistake! Why did I do such a dumb thing?"

There is a better way to talk to use your self-talk. For example, if you make a mistake you can use your self-talk to tell yourself, "I made a mistake. I wish I wouldn't have made that mistake, but I did, but the next time I'll do better!" By thinking about your mistake as a way to learn you develop self-confidence and you let yourself try new and more difficult things.

For the next few weeks try to listen to what you tell yourself. If you are in the habit of negative self-talk change the way you talk to yourself. Tell yourself, "I'm learning new ways to talk to myself positively, especially when I make a mistake!" In a short while you'll have developed much more confidence in your ability to learn from your mistakes.

Ask your students:

- **What is self-talk?**
(Self-talk is the way you talk to yourself about yourself.)
- **Do most people have positive or negative self-talk?**
(Most people have negative self-talk.)
- **What kind of self-talk will improve your self-confidence?**
(Positive self-talk will improve your self-confidence.)

adults

Positive self-talk is one of the best ways to improve your self-confidence. Everyone has self-talk. The problem is that most people don't control their self-talk. When most people make a mistake they say to themselves something like, "That was a dumb thing to do, Why did I do such a stupid thing?"

When you make a mistake, instead of saying to yourself "What a stupid thing to do!" tell yourself something like, "Next time I'll do that better. I learned from this mistake." Then you can tell yourself what you learned from the mistake. By teaching yourself to use positive self-talk and seeing mistakes as a chance to learn, you will greatly develop your self-confidence.

When you make a mistake give yourself positive feedback. Statements like "Next time I'll do better." and "That's not like me, I can do better than that." can help you develop the self-confidence necessary to try again.

For the next three or four weeks monitor your self-talk. Insure that your self-talk is positive. Keep a list of mistakes and setbacks and write down what you learned from the mistake, as well as a positive self-talk statement about the incident. By developing the positive self-talk habit you'll be developing self-confidence that is second to none.

Topics for Discussion

- How is your self-talk?
- What specific things could you do to improve your self-talk?

**“Climb mountains to see lowlands.” –
— Chinese Proverb**

week three
LESSON 6

Positive Self Talk



- **Discuss the following questions during warm up to remind the students of the previous lesson.**
- **Students will learn how to use positive self-talk to improve their confidence.**

Discuss the following questions during warm up to remind the students of the previous lessons.

1. **What is self-confidence?**
(Self-confidence is the feeling that you can do or accomplish something.)
2. **What would be an example of self-confidence?**
(An example of self-confidence could be having the belief that you can learn a new form because you've learned other forms. It could also be standing up to a bully.)
3. **Can you learn to have self-confidence?**
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)
4. **Is self-confidence something that you are born with?**
(No self-confidence isn't something you are born with.)
5. **How do you get self-confidence?**
(You learn self-confidence by trying and doing new things.)
6. **What should you do to improve your self-confidence?**
(In order to improve your self-confidence you should always try your best even if you make mistakes.)
7. **What is self-talk?**
(Self-talk is the way you talk to yourself about yourself.)
8. **Do most people have positive or negative self-talk?**
(Most people have negative self-talk.)
9. **What kind of self-talk will improve your self-confidence?**
(Positive self-talk will improve your self-confidence.)

children's story

Yes, You Can!

Have you ever heard the story of “The Little Engine That Could”? It is about a small train engine that is asked to carry a heavy load over a mountain. If you were to look at the little engine, it would be hard to believe that he could do such a great task. The little engine looked at the hill, and started out slowly, and kept saying out loud, “I think I can. I think I can. I think I can.” After telling himself over and over again that he thought he could do it, he climbed the hill and made it to the other side of the mountain.

Sometimes, the biggest part of a job is telling yourself you are capable of doing it. You need to think you can, before you can! Just like the little engine, tell yourself you can do the job, and you will believe yourself.

Ask your students:

- **How does telling yourself you can do something, help you to do it?**
(It builds your self confidence).
- **Choose one thing that you haven't done because you didn't think you could, and be like the little engine. Tell yourself, “I think I can. I think I can. I think I can.”** Share with the class next week how this helped you to succeed.

The Old Hiker

One thing Jay was sure of, is that mountain climbing looked really easy in the last scene of “The Sound of Music”; all those people leisurely traipsing over the Alps in short pants. He was freezing in his insulated jacket and wasn’t feeling like he was on a leisurely walk either. Since it was starting to get dark, he decided to stop to camp for the night.

Jay set up camp and started a fire. He settled down and then heard footsteps approaching. Jay recognized the old man he had seen on the trail earlier. As he approached, the old man asked, “Do you mind if I join you?” Up close, the man looked even older than Jay had thought. Jay couldn’t stop himself from saying, “Quite a hike you’ve taken today.”

“Today, and every Saturday, I take this walk. I’ve been walking it for forty years.” The old man saw the surprised look on Jay’s face. “I probably look very old to you,” he said. “That’s okay, I am old, but that doesn’t matter. I just keep telling myself, every week, that I can do it. I tell myself, “I can do it!” all the way up the mountain, and before long, I’m at the top. Works every week!”

Jay thought about what he had been telling himself all day, and then looked at the old man. He realized that he had been his own worst enemy. If he were to follow the example of the old man, he would be his own best friend and believe in himself.

Jay and the old man spent a wonderful evening together. The next morning, Jay decided it would be the first day of many that he would tell himself, “I can do it!”

Topics for Discussion

- How often are you your own worst enemy?
- Do you start your day saying, “I can do it!”

DRILL

Confidence Line Drill

Line up all the students in several lines with 4 to 8 students per line. Have the students perform a series of techniques down the training floor until they reach the end of the training floor.

If you have parents watching class, have the students turn to the parents, look one of the parents in the eyes, and say with confidence one of the following phrases:

1. "I will never, never, never GIVE UP!"
2. "My Goal is Black Belt Excellence!"
3. "I am a leader, not a follower!"
4. "I lead by Example!"

Reccomendations: Make up your own sayings if you can. Also if you don't have any parents watching, have an instructor stand at the end of the classroom. Make sure the students show the signs of a self-confident student:

1. Enthusiasm
2. Loud Voices
3. Good Body Posture
4. Eyes Focused On The Parents or Instructor
5. Use Body Language

“Those who follow Karate-do will develop Confidence. These qualities do not have to do with strong actions or the development of strong techniques, rather emphasis is placed on the development of the mind.”

— Gichin Funakoshi, famous Karate Master

week four
LESSON 7

Using Visualization To Improve Confidence

- **Students will learn how to use visualization to improve their confidence.**
- **By the end of the lesson, the student will know how to use positive visualization to improve their confidence.**

Discuss the following questions during warm up to remind the students of the previous lessons.

1. **What is self-confidence?**
(Self-confidence is the feeling that you can do or accomplish something.)
2. **What would be an example of self-confidence?**
(An example of self-confidence could be having the belief that you can learn a new form because you've learned other forms. It could also be standing up to a bully.)
3. **Can you learn to have self-confidence?**
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)
4. **Is self-confidence something that you are born with?**
(No self-confidence isn't something you are born with.)
5. **How do you get self-confidence?**
(You learn self-confidence by trying and doing new things.)
6. **What should you do to improve your self-confidence?**
(In order to improve your self-confidence you should always try your
7. **best even if you make mistakes.)**
8. **What is self-talk?**
(Self-talk is the way you talk to yourself about yourself.)
9. **Do most people have positive or negative self-talk?**
(Most people have negative self-talk.)
10. **What kind of self-talk will improve your self-confidence?**
(Positive self-talk will improve your self-confidence.)

ages 4-7

In past lessons we have talked about visualization – seeing what you want to be in your imagination. We talked about seeing your goals, such as earning your black belt and seeing yourself actually receive it. You can also improve your self-confidence through visualization.

Olympic athletes, such as runners and boxers, play movies in their heads over and over again where they see themselves winning in their competition. This is using visualization to achieve their goals. To improve your self-confidence, you need to picture yourself doing whatever it is you're afraid of. See yourself doing it well and soon you will succeed.

For example, let's say you are afraid of going to sleep in the dark. You can imagine yourself in the dark in your bed knowing you are safe. You can even imagine that you have a pretend friend with you that keeps you safe all night long. As you see yourself having more confidence you will have more confidence and you will no longer be afraid to go to sleep in the dark

By using visualization you can become confident in almost anything you choose to do. Imagine that!

Ask your students:

- **What is visualization?**
(Visualization is using your imagination to see yourself doing or accomplishing something.)
- **How have we used visualization in the past in our lessons?**
(We have used visualization to help see ourselves achieving our goals.)
- **How can we use visualization to help us with our self-confidence?**
(We can use visualization to see ourselves overcoming things we might be afraid of.)

Visualization is seeing what you want to be in your imagination. We talked about seeing your goals, such as earning and receiving your black belt. You can also improve your self-confidence through visualization.

Olympic athletes, such as runners and skiers, play movies in their heads over and over again letting themselves see both past and future victories in their minds. By using visualization to achieve their goals they improve their self-confidence in actual competition. For you too improve your self-confidence, picture yourself doing whatever it is you're afraid of. See yourself doing what you fear and soon you will succeed in overcoming your fear.

For example, let's say you are afraid of talking in front of the class. Use your imagination to see yourself standing in front of the class and giving a great presentation. See yourself being congratulated by your teacher and classmates for doing a great job! Then, when you actually go in front of the class you will have the confidence to succeed at giving a great presentation. Why? Because you have already practiced it over and over again in your mind!

By using visualization you can become confident in almost anything you choose to do. Imagine that!

Ask your students:

- **What is visualization?**
(Visualization is using your imagination to see yourself doing or accomplishing something.)
- **How have we used visualization in the past in our lessons?**
(We have used visualization to help see ourselves achieving our goals.)
- **How can we use visualization to help us with our self-confidence?**
(We can use visualization to see ourselves overcoming things we might be afraid of.)

adults

With our imagination we can return to the past, rehearse the future and zoom off in flights of fantasy in the blink of an eye. Some people primarily see in their imaginations, others primarily hear while others primarily feel. It doesn't matter how you use your imagination, all that matters is that you know how you primarily use it so that it can help to improve your self-confidence.

Many people use their imagination to decrease their self-confidence by reliving failures from the past or by imagining future failures. Usually the future failures they imagine are huge, embarrassing public failures shrinking their self-confidence to almost nothing.

You can improve your confidence with your imagination through a process called visualization. Athletes play movies over and over in their heads where they see themselves hitting the perfect dive or crossing the finish line first. This is visualization. In order to improve your self-confidence, you need to picture yourself doing whatever it is you would like to do. Picture yourself doing it well.

If meeting new people causes you anxiety, see yourself meeting with new people in a group setting and having a wonderful conversation with them. Involve all your senses, especially concentrating on the one you primarily use. What does it look like? What would it sound like? Feel the sensations of a successful interaction, smell what successfully speaking to new people smells like. Through the use of visualizing yourself doing well you'll soon succeed to improve your self-confidence in anything you choose.

Topics for discussion

- Has anyone used visualization to improve your self-confidence?
- What is your primary mode of visualization, visual, audio or kinesthetic?

**"The ancestor of every action is a thought."
— Emerson**

week four
LESSON 8

Using Visualization To Improve Confidence



- Students will learn how to use visualization to improve their confidence.
- By the end of the lesson, the student will know, through stories and a drill, how to use positive visualization to improve their confidence.

Discuss the following questions during warm up to remind the students of the previous lessons.

1. What is self-confidence?
(Self-confidence is the feeling that you can do or accomplish something.)
2. What would be an example of self-confidence?
(An example of self-confidence could be having the belief that you can learn a new form because you've learned other forms. It could also be standing up to a bully.)
3. Can you learn to have self-confidence?
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)
4. Is self-confidence something that you are born with?
(No self-confidence isn't something you are born with.)
5. How do you get self-confidence?
(You learn self-confidence by trying and doing new things.)
6. What should you do to improve your self-confidence?
(In order to improve your self-confidence you should always try your best even if you make mistakes.)
7. What is self-talk?
(Self-talk is the way you talk to yourself about yourself.)
8. Do most people have positive or negative self-talk.
(Most people have negative self-talk.)
9. What kind of self-talk will improve your self-confidence?
(Positive self-talk will improve your self-confidence.)
10. What is visualization?
(Visualization is using your imagination to see yourself doing or accomplishing something.)
11. How have we used visualization in the past in our lessons?
(We have used visualization to help see ourselves achieving our goals.)
12. How can we use visualization to help us with our self-confidence?
(We can use visualization to see ourselves overcoming things we might be afraid of.)

children's story

A Special Field Trip

Jeff felt a little silly lying on the mat on the floor with his eyes closed. His martial arts instructor had asked the whole class to do the same and everyone seemed as uncomfortable as Jeff.

"Class, today we are going on a field trip. Each of you is going to get to go on the journey of your choice," the instructor said.

"If we are going on a trip, what am I doing on the ground?" Jeff thought.

The instructor asked the class to visualize themselves alone on a large, white sand beach. He described the waves and the gritty feel of the sand, and the cool ocean breeze. It wasn't long before Jeff really could picture himself there.

As the instructor spoke, Jeff saw himself walking along the beach and looking off to the horizon. He saw a series of sand dunes. As he came to the crest of the first dune, he could see off into the distance to the last dune where someone who looked a lot like him was standing wearing the Black Belt that Jeff really wanted to some day wear. Between where he stood and that last dune were several other hills of sand. On each one, Jeff could see different items or events that would lead him to wearing that Black Belt. He began to walk toward the Black Belt dune, and saw himself working his way up and then down each of the other sand hills. Some were steeper than others, but always, when he got to the top, he felt a great sense of accomplishment. Finally, as he reached the top of the last dune and expected to see the person wearing the Black Belt, all that was there was the belt laying in the sand. He saw himself pick it up and put it on.

Then Jeff heard his instructor ask the class to open their eyes. Jeff did, and sat up and almost expected to have to brush sand from his clothes. "Did you see where you want to be?" the instructor asked.

Along with the rest of the class, Jeff knew that he could travel anywhere and accomplish anything if he just set his mind to it, and had confidence in himself.

Ask your students:

- **How did the exercise help Jeff?**
(When Jeff chose to not concentrate on the obstacles, but believe in himself, he was successful).
- **How did the instructor help Jeff see the importance of self-confidence?**
(By showing the class that half the battle is won if you believe in yourself and visualize your goals).

Helping Other's Visualize Self Confidence

Many years ago a teacher was assigned to the roughest class of boys in the worst area of Harlem. One day as she was looking for a file, she accidentally stumbled across a listing of the boy's IQ's. She was flabbergasted! Each of the boys in her class was brilliant! So what did the teacher do? She started treating each of them as though they were brilliant, capable human beings with incredibly high potential. Each of them went on by graduating from high school and most succeeded in doing outstanding achievements throughout their lives.

What's really interesting is that the teacher hadn't actually seen the boy's IQ scores. What she had thought to be a list of their IQ scores was actually their locker numbers! But since she believed the boys to be brilliant she treated them as brilliant and she received outstanding rewards for her efforts. The boys responded naturally to someone who believed them to be special, to someone who believed that they had great potential.

Even though as adults we don't have this opportunity for ourselves, we have the opportunity to allow someone to see himself or herself as special, as a person with great potential does. What's really incredible is that when you start to see others as having great potential your potential increases too! You'll actually improve your self-confidence by improving someone else's.

Topics for Discussion

- Have you ever seen someone using his or her visualization powers like the teacher in the story above?
- What are some of your visualization techniques.

DRILL

Visualize Your Success!

Have your students work on their hardest technique, ask each student which technique they are going to work on.

Next have each student do 10 of his or her hardest technique. For instance one of your students might be having a difficult time with a “Jump Spin Side Kick.” Rightfully so, this is a hard to master technique. Now, have this student do 10 of them on each side quickly.

Next, demonstrate this kick for them a few times and have them watch carefully while you demonstrate. If you can not perform their kick well enough ask a fellow instructor or fellow classmate to perform the technique.

Now, have the student perform the technique flawlessly with confidence in their mind with their eyes closed. Have them visualize how they will do the technique. Make sure it is perfect in their mind. Have them focus on all the aspect of the technique they are doing in their mind.

Lastly, have them perform the technique again in front of you several times.

At the end of the drill, ask the students if they felt they did it better before or after doing the technique in their mind. Ask them if they felt more confident or less confident with the technique.

**"Nothing is so much to be feared as fear."
— Henry David Thoreau**

week five
LESSON 9

Do What You Fear



- **Students will understand that facing one's fears leads to self-confidence.**
- **To help the students understand the importance of doing things they are afraid of to their self-confidence.**

Discuss the following questions during warm up to remind the students of the previous lessons.

1. **What is self-confidence?**
(Self-confidence is the feeling that you can do or accomplish something.)
2. **What would be an example of self-confidence?**
(An example of self-confidence could be having the belief that you can learn a new form because you've learned other forms. It could also be standing up to a bully.)
3. **Can you learn to have self-confidence?**
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)
4. **Is self-confidence something that you are born with?**
(No self-confidence isn't something you are born with.)
5. **How do you get self-confidence?**
(You learn self-confidence by trying and doing new things.)
6. **What should you do to improve your self-confidence?**
(In order to improve your self-confidence you should always try your best even if you make mistakes.)
7. **What is self-talk?**
(Self-talk is the way you talk to yourself about yourself.)
8. **Do most people have positive or negative self-talk?**
(Most people have negative self-talk.)
9. **What kind of self-talk will improve your self-confidence?**
(Positive self-talk will improve your self-confidence.)
10. **What is visualization?**
(Visualization is using your imagination to see yourself doing or accomplishing something.)
11. **How have we used visualization in the past in our lessons?**
(We have used visualization to help see ourselves achieving our goals.)
12. **How can we use visualization to help us with our self-confidence?**
(We can use visualization to see ourselves overcoming things we might be afraid of.)

Fears are what you feel any time you don't believe in yourself. You can be afraid or fearful of the dark, or you can be fearful of talking in front of people, or you might be fearful of a subject at school. For you to do anything, it is important to beat your fears and practice self-confidence.

To overcome your fear, you must do whatever is causing your fear or nervousness. By doing what you fear, you will start to become self-confident. For example, if doing your forms in front of other people makes you nervous, then get a friend, one who you trust, to watch

you do your form. After a while, you can ask other people to watch you do your form. This will improve your self-confidence when doing your forms in front of people.

The same is true for anything that makes you nervous or fearful. Try doing what makes you fearful or nervous and you'll probably find that there is nothing to be afraid of. As you face your fears your self-confidence will become bigger and bigger.

Ask your students:

- **What are fears?**
(Fears are what you feel any time you don't believe in yourself.)
- **How can you overcome your fears?**
(To overcome your fears, you must do whatever is causing your fear or anxiety.)
- **What will you usually find out as try things that make you nervous or afraid?**
(You'll usually find that there is really nothing to be afraid of.)

Fears are what you feel, the emotions that you have, any time you don't believe in yourself. You can be afraid or fearful of the dark, or you can be fearful of talking in front of people, or you might be fearful of a subject at school. For you to do anything, it is important to beat your fears and practice self-confidence.

To overcome your fear, you must do whatever is causing your fear or nervousness. By doing what you fear, you will start to become self-confident. For example, if doing your forms in front of other people makes you nervous, then get a friend, one who you trust, to watch you do your form. After a while, you can ask other people to watch you do your form. This will improve your self-confidence when doing your forms in front of people.

The same is true for anything that makes you nervous or fearful. Try doing what makes you fearful or nervous and you'll probably find that there is nothing to be afraid of. As you face your fears your self-confidence will grow.

The goal of this program is to help you become a leader. As a leader you will often run into situations where you can't be sure of what will happen. You need to be able to face these uncomfortable situations with confidence, because the people who follow you won't follow someone who shows fear. Becoming self-confident helps you become a true leader.

Ask your students:

- **What are fears?**
(Fears are what you feel any time you don't believe in yourself.)
- **How can you overcome your fears?**
(To overcome your fears, you must do whatever is causing your fear or anxiety.)
- **What will you usually find out as try things that make you nervous or afraid?**
(You'll usually find that there is really nothing to be afraid of.)

adults

In order to do anything, it is important to overcome your fears and exercise your self-confidence. Fear is the emotion we feel any time we don't have confidence in ourselves to perform a task. It can be speaking in front of a group or meeting a new people. It can also be trying to learn a new language. Self-confidence empowers you to stand up to fear, put it behind you, and see new challenges as an exciting adventure.

Henry Miller once wrote, "Life moves on, whether we act as cowards or heroes. Life has no other discipline to impose, if we would but realize it, than to accept life unquestioningly. Everything we shut our eyes to, everything we run away from, everything we deny, denigrate or despise serves to defeat us in the end. What seems nasty, painful, evil, can become a source of beauty, joy and strength, if faced with an open mind. Every moment is a golden one for him to recognize it as such."

What does that mean for us? It means we need to do the things that we fear. By doing what we fear we begin to live and put good things into our lives. In fact, we can use fear to give us energy if we define it as a positive instead of a negative.

Whatever it is that makes you nervous tell yourself that you are actually excited about doing it. Your body doesn't know the difference between excitement and nervousness so tell yourself that you're excited! So if speaking in front of a crowd makes you nervous tell yourself "I'm really excited to be able to talk in front of this crowd today!" By re-defining your feelings you'll give yourself the confidence you need to do the things your fear.

Topic for Discussion

- Have you ever used this method of changing how you feel about your nervousness?
- Does anyone know of an example of someone who uses this method of changing his or her feeling of fear into confidence?

“You gain strength and confidence by every experience in which you really stop and look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next thing that comes along.’ You must do the thing you think you cannot do.”

— Eleanor Roosevelt

week five
LESSON 10

Do What You Fear



- **In this lesson students will understand that facing one’s fears leads to self-confidence.**
- **To help the students understand the importance of doing things they are afraid of to their self-confidence.**

Discuss the following questions during warm up to remind the students of the previous lessons.

1. **What is self-confidence?**
(Self-confidence is the feeling that you can do or accomplish something.)
2. **What would be an example of self-confidence.**
(An example of self-confidence could be having the belief that you can learn a new form because you’ve learned other forms. It could also be standing up to a bully.)
3. **Can you learn to have self-confidence?**
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)
4. **Is self-confidence something that you are born with?**
(No self-confidence isn’t something you are born with.)
5. **How do you get self-confidence?**
(You learn self-confidence by trying and doing new things.)
6. **What should you do to improve your self-confidence?**
(In order to improve your self-confidence you should always try your best even if you make mistakes.)
7. **What is self-talk?**
(Self-talk is the way you talk to yourself about yourself.)
8. **Do most people have positive or negative self-talk?**
(Most people have negative self-talk.)
9. **What kind of self-talk will improve your self-confidence?**
(Positive self-talk will improve your self-confidence.)
10. **What is visualization?**
(Visualization is using your imagination to see yourself doing or accomplishing something.)
11. **How have we used visualization in the past in our lessons?**
(We have used visualization to help see ourselves achieving our goals.)
12. **How can we use visualization to help us with our self-confidence?**
(We can use visualization to see ourselves overcoming things we might be afraid of.)
13. **What are fears?**
(Fears are what you feel any time you don’t believe in yourself.)
14. **How can you overcome your fears?**
(To overcome your fears, you must do whatever is causing your fear or anxiety.)

children's story

Don't Let Fear Stop You

Danny and Nick started to pack their bags after class. Neither one of them spoke for a while. It wasn't until Nick finished and sat down to watch Danny that he said, "I'm starting to wonder if I'll ever get these moves down right. Every week we go over them. I'm afraid that I'll just keep making the same dumb mistakes. I hate looking so stupid."

Danny replied, "I know what you mean. My biggest fear is looking like I don't know what I'm doing. The whole class will see me fail."

Just then, the boy's martial arts instructor came up to them. "Hey, guys! You're looking great. Keep up the good work!"

Both Danny and Nick must have shown surprise on their faces because the instructor asked, "What's up you two?" The boys explained how frustrated they were about their mistakes, and how afraid they were that they would never get it right.

The instructor replied, "Hold on boys. What do you think is really keeping you from your goal of black belt? Is it that you aren't getting the moves as quickly as you'd like, or is it that your fear is keeping you from making the necessary mistakes that are required in order to learn a skill?"

"Necessary mistakes?" Danny said. "I don't get it. I'm just afraid that all of the mistakes I was making were making me look stupid."

"Your only problem," said his instructor, "is that you are afraid to fail. If you let your fear guide you, you will never succeed. Be confident that, despite your fear, you will succeed."

Nick looked at Danny and said, "I never thought of it that way. I really have been letting my fear keep me down." Danny replied, "We need to not be afraid to keep going, no matter what mistakes we might make, and believe we can succeed!"

The instructor smiled and said, "I like the sound of that!"

Ask your students:

- What were the boys afraid of?
(Failing in front of their friends.)
- How did that fear keep them from achieving their goals?
(They were hurting their confidence in their abilities.)
- What are you afraid of trying because you are afraid of failing?

Demonstrating Self-confidence

Imagine Neil Armstrong in the middle of his training to become an astronaut saying, "This is too tough. It could be a giant step for mankind, but I'm not taking it. I'm too scared. This isn't for me!" What would have happened to the space program if he had shown this type of confidence? But instead he said, "No matter the risk, no matter the sacrifice, I'm going to take that first step! I am going to be the first man on the moon!"

The Wright brothers designed, tested and experimented for over four years under nearly unbearable conditions; enduring high winds hordes of mosquitoes, and numerous accidents. What if they would have looked at the problem and said, "We give up! This is too tough and too hard. We" never fly!" Instead they developed the self-confidence they needed to jeopardize and eventually lose their bicycle business while risking their lives to follow their dream.

You have to take risks to be able to succeed. Risk taking means developing self-confidence, sometimes just by going out on a limb.

Topics for discussion

- How does your fear of failure hamper your choices in life?
- What are you afraid of trying because you are afraid of failing?
- How can you have fear and do the task at hand anyway?

DRILL

Conquer Your Fear, with ACTION!

One fear that most people have is the fear of talking to a group of people. This exercise will help them overcome their fear! Action always overcomes fear, but we must act with confidence.

Ask the series of questions from the previous week's life skills lessons on confidence. But, have the student stand up in front of everyone and give their answer, then have the students listening clap for them.

Make sure you tell the students to why you are asking them to stand in front of the class and speak, also let them know how to speak with confidence and use good body posture to show confidence.

Make sure the students show the signs of a self-confident student:

1. Enthusiasm
2. Loud Voices
3. Good Body Posture
4. Eyes Focused On The Students or Instructor
5. Use Body Language

**“Do not fear death so much, but rather the inadequate life.”
— Bertolt Brecht**

LESSON 11

Confidence Review



- **Students will review the lessons on confidence.**
- **By the end of the lesson, the student will have reviewed the lessons on self-confidence.**

Discuss the following questions during warm up to remind the students of the pervious lessons.

1. **What is self-confidence?**
(Self-confidence is the feeling that you can do or accomplish something.)
2. **What would be an example of self-confidence?**
(An example of self-confidence could be having the belief that you can learn a new form because you've learned other forms. It could also be standing up to a bully.)
3. **Can you learn to have self-confidence?**
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)
4. **Is self-confidence something that you are born with?**
(No self-confidence isn't something you are born with.)
5. **How do you get self-confidence?**
(You learn self-confidence by trying and doing new things.)
6. **What should you do to improve your self-confidence?**
(In order to improve your self-confidence you should always try your best even if you make mistakes.)
7. **What is self-talk?**
(Self-talk is the way you talk to yourself about yourself.)
8. **Do most people have positive or negative self-talk?**
(Most people have negative self-talk.)
9. **What kind of self-talk will improve your self-confidence?**
(Positive self-talk will improve your self-confidence.)
10. **What is visualization?**
(Visualization is using your imagination to see yourself doing or accomplishing something.)
11. **How have we used visualization in the past in our lessons?**
(We have used visualization to help see ourselves achieving our goals.)
12. **How can we use visualization to help us with our self-confidence?**
(We can use visualization to see ourselves overcoming things we might be afraid of.)
13. **What are fears?**
(Fears are what you feel any time you don't believe in yourself.)
14. **How can you overcome your fears?**
(To overcome your fears, you must do whatever is causing your fear or anxiety.)

ages 4-7

Self-confidence is your belief that you can do something. Believing in yourself, having self-confidence is very important to leading a successful life. When you have self-confidence you are able to do more things because you are willing to try more things.

You aren't born with self-confidence. You learn it by trying new things. While you are learning self-confidence it's important to let yourself make mistakes, because mistakes help you develop self-confidence. If you make a mistake you can use your positive self-talk to help you learn by telling yourself "Sure I made a mistake. I wish I wouldn't have made this mistake, but I did, and next time I'll do this differently." This way you learn from your mistakes and build your self-confidence.

You need to see yourself doing what you fear until you actually do whatever it is you are afraid of doing. As you start doing what you used to be afraid of you'll develop self-confidence in all areas of your life.

Ask your students:

- Pick questions from the review questions at the beginning of this lesson.

Self-confidence is your belief in your abilities. Having self-confidence is very important to leading a successful life. When you have self-confidence you are able to do more things because you are willing to try more things.

Nobody's born with self-confidence. Everyone learns it by making mistakes as they try new things. Self-confidence is developed as you make your mistakes and go on in spite of them. If you make a mistake you can use positive self-talk to make the mistake a learning experience. You can say, "I made a mistake. I wish I wouldn't have made that mistake, but I did, but the next time I'll do better!" By thinking about your mistake as a way to learn you can develop better self-confidence in everything you do.

You need to see yourself doing what you fear until you actually do whatever it is you are afraid of doing. As you start doing what you used to be afraid of you'll develop self-confidence in all areas of your life.

Ask your students:

- Pick questions from the review questions at the beginning of this lesson.

adults

Confidence is one of the most important ingredients in a successful life. Our success in everything we do in our lives, whether sports, business, friendship, or love, depends on our own self-confidence.

The confident person is able to focus on “the big picture” instead of fretting over temporary setbacks. The confident person evaluates his or her own achievements according to his or her abilities, not in comparison to the abilities of others.

As the great Master Gichin Funakoshi once said, “Those who follow Karate-do will develop Confidence. These qualities do not have to do with strong actions or the development of strong techniques, rather emphasis is placed on the development of the mind.”

Self-confidence is one of the most important gifts that we can give ourselves. Your martial arts training helps to build self-confidence from the inside out by setting achievable goals in a supportive environment. Through martial arts, you learn that you are not limited by what you can do, but what you are willing to try. Through effort we discover the ever-expanding universe of improvement that has virtually no limits.

Topic for Discussion

- What has been the biggest benefit of leaning about confidence?
- Have you seen any improvements in your life because of these lessons?

“Fear is that little darkroom where negatives are developed.”

— Michael Pritchard

LESSON 12

Confidence Review



- **Students will review the lessons on confidence.**
- **By the end of the lesson, the student will, through stories and a drill, have reviewed the lessons on self-confidence.**

Discuss the following questions during warm up to remind the students of the previous lessons.

1. **What is self-confidence?**
(Self-confidence is the feeling that you can do or accomplish something.)
2. **What would be an example of self-confidence?**
(An example of self-confidence could be having the belief that you can learn a new form because you've learned other forms. It could also be standing up to a bully.)
3. **Can you learn to have self-confidence?**
(Yes. Everyone learns self-confidence by practicing and doing things until they can do them well.)
4. **Is self-confidence something that you are born with?**
(No self-confidence isn't something you are born with.)
5. **How do you get self-confidence?**
(You learn self-confidence by trying and doing new things.)
6. **What should you do to improve your self-confidence?**
(In order to improve your self-confidence you should always try your best even if you make mistakes.)
7. **What is self-talk?**
(Self-talk is the way you talk to yourself about yourself.)
8. **Do most people have positive or negative self-talk?**
(Most people have negative self-talk.)
9. **What kind of self-talk will improve your self-confidence?**
(Positive self-talk will improve your self-confidence.)
10. **What is visualization?**
(Visualization is using your imagination to see yourself doing or accomplishing something.)
11. **How have we used visualization in the past in our lessons?**
(We have used visualization to help see ourselves achieving our goals.)
12. **How can we use visualization to help us with our self-confidence?**
(We can use visualization to see ourselves overcoming things we might be afraid of.)
13. **What are fears?**
(Fears are what you feel any time you don't believe in yourself.)
14. **How can you overcome your fears?**
(To overcome your fears, you must do whatever is causing your fear or anxiety.)

children's story

Have Confidence in Your Abilities

Patrick squinted to try and see his parents in the stands. He had this goal for a year; to finish out his Senior year on a championship team. Until today, he was confident that he would reach that goal. Patrick looked down field and could barely make out the shape of the goal posts through the snow. He thought of all the work he had put in to the past year to make this very game happen; the hours of practice, the late nights of memorizing plays, the missed parties. He had never wavered from his goal. But now, everything seemed to be conspiring against him to see to it that he couldn't win.

Patrick could hear someone calling his name. At the fence by the stands he saw his father waving to him. "What's the matter, son? You look down." Patrick shared his concerns about the game with his dad.

Patrick's dad put his hand on Patrick's shoulder and said, "Son, you have practiced long and hard for this day. You know you have a good team and can win this game. The weather isn't hurting your chances. Your lack confidence in yourself is what can hurt you and your team's chances of winning. Have confidence in all that you know and in your team, and you will do just fine."

Patrick knew his dad was right and he told him so. "I know we are a good team dad. We've worked hard and we can win!"

Ask your students:

- **What was Patrick forgetting when he started worrying about the weather?**
(He was forgetting about the most important thing; confidence in himself and his team).
- **Could Patrick have let the circumstances of one day ruin his chances of success?**
(Yes, by not believing in himself and having confidence in his team).

Have Confidence in Your Abilities

Sometimes the most unlikely individuals achieve success.

Bruce Jenner, the famous Olympic athlete, battled dyslexia and years of teasing from classmates. The late Michael Landon grew up with prejudice against his religious beliefs and his learning disabilities to become a prominent television personality. Franklin D. Roosevelt was elected president despite the disability of the affects of polio. Ray Charles fought his disability of blindness and racial prejudice to be a major influence on the world of music.

These individuals and scores of others, had many reasons to let outside influences dictate the level of their success. All of them chose, instead, to have the self-confidence it takes to persevere and succeed. You can either follow their example, or choose to let a lack of confidence dictate your life choices. Anyone looking in to the lives of the people mentioned, could say that they all had valid excuses not to exceed minimal expectations. What mattered is not what others said, but what those individuals believed about themselves.

Self-confidence is the key to your success. Believe that you have the ability to achieve your goals, work hard to accomplish them, and never let an obstacle stop you.

Topic for Discussion

- How often do you listen to others when you make decisions about your life's path?
- What kind of obstacles are keeping you from achieving your goal?
- How can you look beyond those obstacles and see your future to be what you want it to be?

DRILL

The Confidence Builder

Separate the students into One BIG line. Let them know they have to do any technique they wish. As fancy as they like or as basic as they want, but they have to show the signs of confidence!

The students can even use some of the fancy techniques they have seen in the school from the black belts or something on TV! Not only will the students love this, but the instructors will enjoy some of the crazy things the students come up with! Let the students know creativity is encouraged!

Now for the confidence part, after each student completes their turn have all The parents Clap and cheer for each student! This is the confidence builder!

CONFIDENCE QUOTES



“You become what you think about.”

Earl Nightingale



“Whether the prize is a ribbon or a throne. . .
The victor is one who can go it alone.”

Anonymous



“No bird soars too high, if he soars with his own wings.”

William Blake



They are able because they think they are able.”

Virgil

“Self-trust is the essence of heroism.”

Ralph Waldo Emerson



“Only the person who has faith in himself is able to be faithful to others.”

Erich Fromm



“If you think you can win, you can win.
Faith is necessary to victory.”

William Hazlitt



“The history of the world is full of men who rose to leadership, by sheer force of self-confidence, bravery and tenacity.”

Mohandas Gandhi

“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.”

Lao-tzu



“To me, confidence means not worrying.”

John Dewey



“Trust your hopes, not your fears.”

David Mahoney



“Do not let people put you down. Believe in yourself and stand for yourself and trust yourself.”

Jacob Neusner

“If you don’t stand for something you will fall for anything.”

Steve Bartkowski



“The only way to discover the limits of the possible,
is to go beyond them to the impossible.”

Arthur C. Clark



“Some men see things as they are, and say, ‘Why?’
I dream things that never were, and say, ‘Why not?’”

George Bernard Shaw