

# Junior ‘Warrior’ Programme

## Being Confident

Student name:

Training venue:

### Month one

Once, when I used to fight in the Great Britain Karate team we were at the World Championships. In the first round we had beaten Australia. The team coach a man called ‘Ticky Donovan’ came over after the match and congratulated the team. Then he looked at me and said “You were brilliant, that is the best performance I have ever seen from you.”

I felt wonderful, I was floating. The man I considered to be the best Karate Coach in the World had said those things to me.

In the next round I raised my game, I fell unstoppable, my confidence was sky high because of what the coach had said.

After this match the coach again congratulated the team and then said to me,

“What got into you, you fought like a demon?”

I replied with,

“It was because you told me I was brilliant after the last round.”

To my surprise he replied with

“I wasn’t talking to you, I meant Geoff, who was behind you.”

So, even though the coach was not complimenting me, I thought he was. I raised my game because of it. Do you see how confidence affects us? How good at things (everything) would you be if you had even more confidence?

Your task this month is to pretend you have been told you are brilliant at something. Every time you do this thing (that you are brilliant at) this month, do it as though you really believe you ARE brilliant.

What did you notice? \_\_\_\_\_

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### Month 2

Some people don’t have self confidence because they DO always fail. They fail because they don’t decide to succeed ‘whatever it takes’ or because they give up when the task is difficult or looks like it may go wrong. This month you must decide on one thing that you WILL succeed and then plan **how** you will succeed AND how you will respond when the plan does not go exactly as you had hoped.

Tell me what you will succeed at and what the plan is;

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Month 3

Once I was trying to help a person understand that they were good at **some** things. They argued and every time I thought of a clever way to help, they thought of a clever way to overcome it. Eventually I convinced this person that anyone who could argue so well was good at arguing and at quick thinking. Make a list of EVERYTHING you are good at. You may like to get some help from parents, friends, aunts and uncles.

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Ongoing task

If we tell ourselves something often enough we eventually begin to believe it. Unfortunately most people spend their time telling themselves how bad they are at things (and eventually they believe it).

Your task is to come up with a positive saying (maybe a rhyme) that you say to yourself over and until you believe it.

Short and sweet is best, something like;

***“Every day, in every way, I get better and better.”***

Now think of your own and write it below.

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Remember to say it to yourself at least once every day.