



### Definition of Work Confidence

Having the belief that I will be successful in many areas of my school work including extracurricular activities (sports, music, art), trying new activities that I might not be perfect at, not being afraid to make mistakes, not being overly concerned with what others think if I try hard in my schoolwork and am not successful, and expressing my opinion and standing up for what I believe without fear, predicting success rather than failure.

### Examples of Confident Behaviour at Work

- Continuing to work on a difficult assignment when you have trouble knowing what to do next
- Standing up in the front of class and giving a speech
- Raising your hand in class to answer a question
- Working independently without asking the teacher for help
- Speaking loudly and clearly when speaking in class

### Confident-Building Self-Talk

1. Accepting Myself – I am a worthwhile person proud of who I am, whether or not I am as successful as I want to be.
2. Taking Risks – I very much want to be successful, but when I'm not, it's not the worst thing that can happen, I can cope.
3. Being Independent – It's nice to have others' appreciation for being successful, but it's not the worst thing not to have it, I'll survive.
4. I Can Do It! – I'm much more likely to be successful than to fail – I've done hard things before, I can do hard things today and tomorrow.