



Self-Confidence

Definition:

Assurance, belief in oneself and one's own judgment.

Synonyms: inner strength, self-assurance, positive self-image

"Who has confidence in himself will gain the confidence of others."

-Leib Lazarow



Character 101: Self-Confidence

Self-confidence is an important character trait. Those who have self-confidence tend to be more content with life. They bounce back faster from challenges; they are not afraid to take risks and learn new things; they accomplish more because they believe in their abilities; and they stay committed to sports and activities longer because they do not let obstacles get in their way.

Here is a guideline regarding children and self-confidence based on age:

- With children ages 3 and 4; they are learning about things that make them feel good. Teach them how to believe in themselves by saying positive things about themselves.
- With children ages 5 and 6; they are learning how to process both positive and negative feelings. Teach them how to overcome negative feelings by focusing on positive feelings.
- With children ages 7 and 9; they are learning how to identify other people that are confident. Teach them how to look up to and copy confident people.
- With children ages 10 and up; they are learning how to be self-reliant. Teach them how to set and accomplish personal goals.

It is clear that a child with self-confidence is happier, more creative, resilient, and adventurous. Every parent would like to see his or her child grow up to be like that. This is where we as Martial Arts educators come in. We play a very important role in giving children a sense of self-worth. This is because children look up to us and they value what we teach them. You can have a tremendous impact on a child's level of self-confidence by following the lessons in this month's planner.