



Think for the Future

WOW Pack

Self-Belief

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



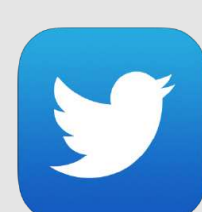
0115 718 0399



www.thinkforthefuture.co.uk



contact@thinkforthefuture.co.uk



@TFTFuture

Think about it: Self-Belief



Has there ever been a time where something has felt too big for you to handle?

Maybe you were worried about how you would manage a situation?

How did you get through it? What helped you?



Often we can feel like situations might be too much for us and we might feel overwhelmed but we can get through them. Our self-belief is often something that pulls us through difficult times.

How strong do you feel your self-belief is?

Self-Belief



Self-belief is defined as the confidence in your own abilities. That is something that I strive to be, confident in my own abilities. At the same time though, I don't want to be loud and arrogant or have to show off to prove that I am good at something! I always want to improve my skills and to do that I need to work hard at them, it takes time to get better at things but it's worth it when I know I can now do something that I couldn't before, or that I am now better at doing something.

As a mentor, I believe in every single one of my students, I believe they all have skills and potential to achieve and my aim is to make sure they believe it too!

Like all things, self-belief is something that we must work on to improve, and to develop our self-belief we must practice! This means stepping out of our comfort zone, and sometimes feeling uncomfortable. Check out our Top Tips for ways you can practice believing in yourself.



What is Self-Belief?

Self-belief is confidence in your own abilities or judgement. Self-belief is such an important quality to have, as without the ability to believe in your own worth and actions you may struggle to reach your full potential.

Examples of someone who has high self-belief

- Greater enjoyment of life in general
- Comfortable when facing new challenges
- Excited about new opportunities
- Confident about your opinions and ideas
- A great sense of achievement
- Respected by other people
- At ease in social situations
- Be able to be yourself
- Sure, of yourself and what you want

Examples of someone lacking self-belief

- Uneasy and shy
- Uncertain of what you want and who you are
- A sense of worthlessness
- Negative thoughts about your abilities and yourself in general
- You are unable to enjoy and relax in situations that you'd like to

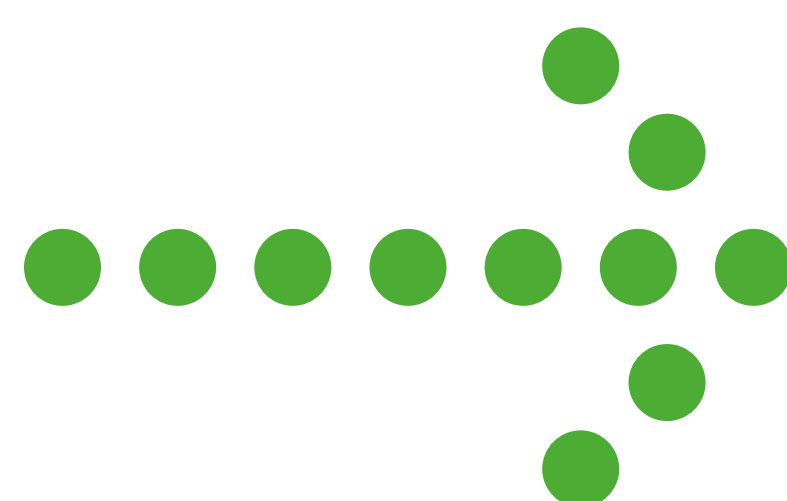
How does self-belief impact our self confidence?

Having a high self-belief can impact our confidence as we are more likely to do what we feel is right even if others criticise us for that. We might be willing to take more risks to get where we want to be. We are also more likely to admit to our mistakes and learn from them.

If we have low self-belief this can also impact our confidence as we might change our behaviour because of what others think or say to us. We may fear stepping out of our comfort zone and avoid taking risks because we are worried about failure.

Take a look at this video on how to think about self belief and inspire ourselves to think differently.

Watch this



<https://www.youtube.com/watch?v=AA0AtHHS9d8>



Self-belief Top Tips



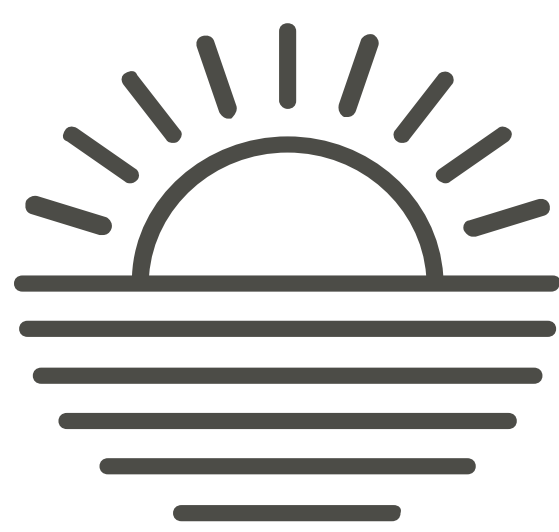
Set goals and work toward them

Do things that are good for you, it can be anything! For example, maybe you want to eat a healthier diet, get more fit or study better. Make a goal. Write down what your goals are and then create a plan on how you want to achieve them. Stick with your plan and track your progress.

Boost your self confidence

Sometimes we need to have self confidence to believe in ourselves. Take a look at this video on ways to help boost our self confidence.

https://www.youtube.com/watch?v=JgjntmlZm_c

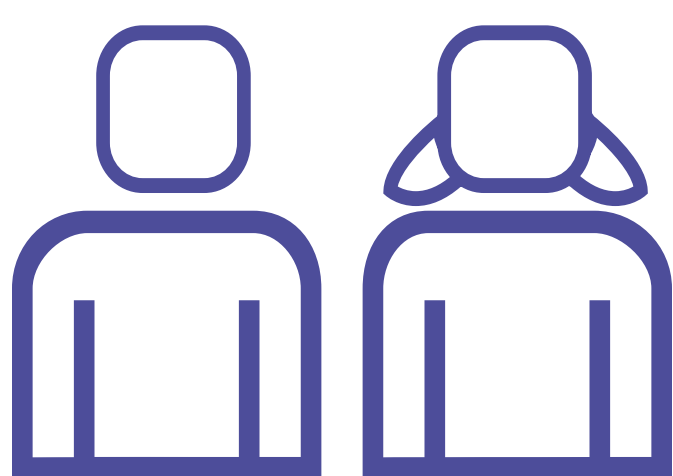


3 things I've achieved today

Each day write down 3 things you have achieved that day. Bringing your attention to something you've achieved at the end of every day gives you the ability to acknowledge the successes and helps build confidence.

I am...

Create a list of 'I am's', for example 'I am good at sport', 'I am a good friend'. By reminding yourself of the things you are good at and your positive qualities will help to heighten your self-esteem and boost your self-belief!



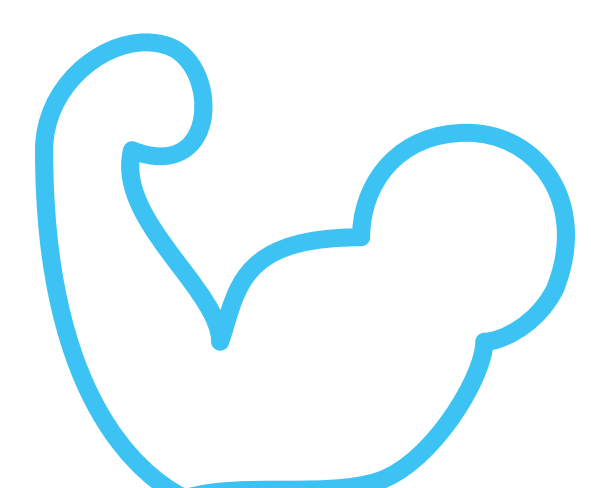
Be kind

When you look in the mirror, what do you see? Are you able to say kind things to yourself? It is so important that we are able to compliment ourselves as well as others. Have a watch of just how much being kind to yourself can help.

<https://www.youtube.com/watch?v=D9OOXCu5XMg>

Visualise yourself as you want to be

Visualisation is the technique of seeing an image of yourself that you are proud of, in your own mind, and aiming to be it! When we struggle with low self-confidence, we have a poor perception of ourselves that is often inaccurate. Practice visualising a fantastic version of yourself, achieving your goals.



5 Ways to Self-Belief



1

Win your mind first

Sometimes we are our own worst enemies and can be really hard on ourselves. Instead of telling ourselves we can't do something try doing the opposite. Developing a positive mindset goes hand in hand with self belief. Give it a go – what's the worst that could happen?

Explore your disbelief

Examine your strengths, limitations and the reality of your situation honestly every day. Some days you won't believe in yourself, and that's OK. But by breaking down why it is you lack confidence helps you find resolutions. Changing your plan, a talent you need to learn, some information you need to collect? This might really help you to gain that confidence.

2

3

Stay enthusiastic

This is something that can be very difficult at times. The reality or thought of failure can be daunting which sometimes leads us to lack confidence. Winston Churchill said, "Success is the ability to go from failure to failure without losing your enthusiasm." Keep stepping up. Those who control their emotions and treat failure positively control their destiny.

Focus on the positives

No one is you, and that's your power! If you don't believe in yourself, who will? Confidence is contagious. People want to be around those who exert confidence! The mind is powerful; it believes what you feed it. The more you focus on the positive, the better the chance at achieving your goals.

4

5

Set the right expectations

Whatever your goal/plan is make sure you're realistic with your aims. If its something you've never done before, its unlikely you'll be a pro the first time. Give yourself time and be kind to yourself – you'll make mistakes but if we learn from those mistakes are they really that bad?

Take on the challenge!



Take on our mentor Christopher at the teacup challenge!



You have 5 tea bags to throw in to 3 different mugs, each mug is worth a different amount of points!

Take a look at Christopher's attempt and see if you can beat his score!

<https://youtu.be/p4rziCjKIUA>

Tag us in your attempt and let us know your score!

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Where else to look...



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