





# Think about when you've faced a big challenge...

... and when you've risen to it.

How did it make you feel?

# Some people have overcome big challenges



I don't mind if I have to sit on the floor at school. All I want is education. And I am afraid of no one.

Malala Yousafzai



I've gone past my expectation every single year... I've done things that other people couldn't dream of.

**Jonnie Peacock** 



As a dyslexic myself, I know that everyone living with dyslexia can also thrive with it. In fact, it has been such a positive force in my life.

**Richard Branson** 



#### How do you think about challenges?



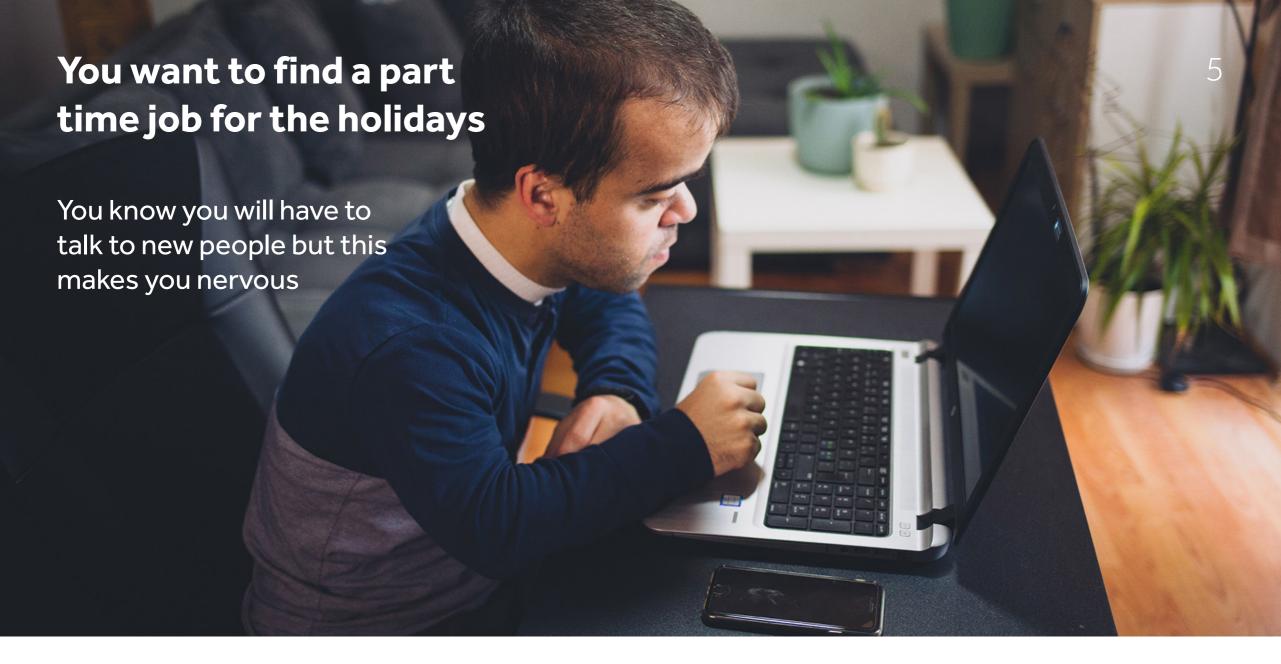


**Negative:** 'It's a problem'

**Positive:** 'It's an opportunity'

When you see challenges as opportunities, you find reasons to overcome your worries







# What might you be worried about?

Failure?

Having a go?

Rejection?



## **Building your confidence by...**

- Remembering why you are going to do something
- Imagining success (close your eyes and see yourself talking with confidence and achieving the goal – getting that job)
- Role play with a friend
- Remembering a time when you did something well that you were worried about before
- Believing in yourself





### Ingredients for success

Who can you think of that seems happy and successful?



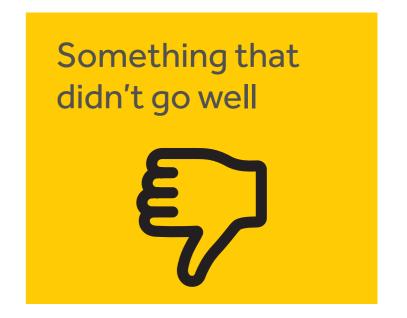
What makes them happy and successful?



# Think of two things that happened to you









#### Look at the positive and what went well





When things **go wrong**, remember:

 Things won't always go wrong in the future When things **go well**, remember:

Things will usually go well in the future





### **Build your self-confidence**

- Accept that sometimes things go wrong
- Remember most things go well
- Be honest and take responsibility for what you do
- When things go wrong, remember not everything is like this
- When things go well, remember these and feel good about them

