

# Helping Teens Find Success and Happiness through Confidence

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## Confidence = Success in 5 Easy Steps

### 1. Don't let others influence your happiness and actions

- a. Be independent not dependent
- b. Quote: "The Man in the Arena" by Theodore Roosevelt  
"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

### 2. Know who you are by creating VALUES through self-mediation and self-discovery Creating a Values Book

1. List five to ten values
2. Write a paragraph description of each value
3. Find a picture that best depicts this value

Example: Charity -

"I believe that Charity is more than love, it is a pure love. It is loving ourselves and others despite and

amidst our differences. Charity is recognizing we all come with different cultures, experiences, perceptions, values, talents, etc., and that we will make mistakes. Charity is treating everyone, notwithstanding differences, how you would like to be treated." - Kayla Hall

### 3. Set Goals

"Reach for the moon and even if you fail, you'll land among the stars."

### 4. Have Confidence

Write three positive, descriptive words about yourself for typical environments you enter each day.

Home	Team/Group	Friends/Social
a.	a.	a.
b.	b.	b.
c.	c.	c.

Example: School: Intelligent, kind, hard worker

### 5. Work Hard

"Opportunities are usually disguised as hard work, so most people don't recognize them." - Ann Landers