



Confidence =  
Success and Happiness



# 5 Points

1. Don't let others influence your happiness and actions
2. Know your Values
3. Set Goals
4. Have Confidence
5. Work Hard





# “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.”

Step #1 - Don't let others influence my happiness and actions.



## Step #2 – Know your Values





# Creating a Values Book

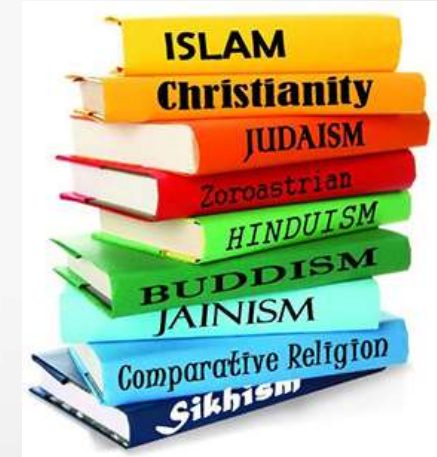
- ❖ List 5-10 values
- ❖ Write a paragraph description of each value
- ❖ Find a picture that best depicts this value



# Values

## Charity

“Charity is more than love, it is a pure love. It is loving ourselves and others despite and amidst our differences and treating them the way we would like to be treated. To put aside our judgments and see each other as Children of God and help one another the way Good would want each child to be helped.” – Kayla Hall



## Hard Work

“Hard work is a principle that will help you achieve our goals and feel confident about ourselves. We are the product of our own choices. Without choosing to push ourselves to accomplish difficult things, we will find ourselves not only settling in life, but also being dependent on others, when it could have been avoided. I refuse to be a settler, I will always work hard to be self-sufficient, help others in need, and meet the goals I have in life.” – Kayla Hall



## Step #3 – Set Goals



## Step #4 – Confidence



Write three positive, descriptive words about  
yourself

Home	Team/Group	Friends/Social
1.	1.	1.
1.	2.	2.
1.	3.	3.

## Step 5 – Work Hard





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