



SOLE EFFECTS

Leadership Journey

02 CONFIDENCE & COURAGE

Switch Fitting In *to* Belonging

SOLE FX JOURNEY

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Question Connection



Reflect Back

- ▶ Return to your **GPS** in your Leadership Guidebook and review your **Goals**.
- ▶ Update any new **Progress** and **Successes** from Adventure 01.
- ▶ Choose something to share.

Gear Up

- ▶ What are two or three words that describe you best?

Look Ahead

- ▶ Who is someone you respect and know is confident? How do they show you they are confident?



CONFIDENCE & COURAGE

[CLICK HERE](#) LEARN LIVE VIDEO



SOLE FX JOURNEY



Adventure Introduction

▲ LEARN

Confident and courageous leaders strive to be their authentic selves, creating healthier, more successful, and more meaningful lives. They resist trying to **fit in**, requiring changing who they are to be accepted. Instead, they have a sense of **belonging** because they are true to who they are.

Confidence is defined as the inner strength to believe in yourself regardless of your weaknesses or negative messages from others. It is appreciating your own unique abilities or qualities.

Courage is mental or moral strength, taking action in the presence of fear, risking rejection or failure. You allow your authentic self to shine, living by your values and what you stand for.





Negative FX & Positive FX

▲ LEARN

Negative FX Insecure people try to hide their flaws and doubt their abilities. This can cause anger, depression, & poor body image. Their low self-confidence and lack of motivation perpetuates a fixed mindset and response of "I can't."

Positive FX Confident and courageous people have less stress as they are more assertive and don't fret about what others think. They are brave enough to ask for help. Their relationships are stronger and they live more adventurous lives.



Adventure Visual

FITTING IN

Requires us to CHANGE who we are

Avoiding things for fear of failure or judgment.

Giving in to peer pressure.

Not expressing your opinions.

BELONGING

Allows us to BE who we are

Understanding that taking risks leads to growth.

Speaking up for yourself, even if you stand alone.

Being true to your values and beliefs.



Adventure Goal



Our Goal

TO BE COURAGEOUS

Be who you are, and be
brave enough to live it.



In Today's Adventure You Will:

- ▶ Rate situations on how much courage they take.
- ▶ Reflect how much courage / confidence you have.
- ▶ Create action steps for healthier habits.



「



1 = No courage 2 = Some courage 3 = Moderate courage 4 = Considerable courage 5 = Incredible courage

- Describe a situation in your own life that is most challenging for you to be courageous.

A large rectangular area containing a grid of small black dots, intended for drawing a picture. The dots are arranged in 10 rows and 20 columns.



Self-Reflection 2



WHAT CONFIDENCE LOOKS LIKE

[illegible][illegible]



SOLEFX *Team Discussions*



TEAM DISCUSSIONS



1. WHAT COURAGE LOOKS LIKE

- ▶ Discuss your ratings, focusing on statements where you have different perspectives.
- ▶ Share what situation in your own life takes the most courage for you.
- ▶ What is it about this situation that is hard for you? Brainstorm ways you can overcome this challenge.

2. WHAT CONFIDENCE LOOKS LIKE

- ▶ Share about the time you changed to fit in. What did you learn?
- ▶ Who has the confidence to share and explain their confidence rating?
- ▶ Explain what fear is holding you back from doing. To get over this fear, share more ideas.

3. TRUE or FALSE? Discuss your reasoning.

- | | |
|---|---|
| ▶ It takes acts of courage to build confidence. | ▶ Developing greater courage could change your life. |
| ▶ Being able to share online builds confidence. | ▶ It's easier to be courageous when in a popular group. |
| ▶ Most people are courageous every day. | ▶ Genetics impact confidence over upbringing. |



Strategies for Healthier Habits



DEVELOP

CONFIDENCE & COURAGE

Switch Fitting In to Belonging

Step 1

Choose a strategy that will help you to build your confidence.

Step 2

Reflect back on what you learned about yourself and from others during your discussions.

Step 3

Return to your Leadership Guidebook and locate your **GPS** for Adventure 02 to:

- » Set Your **Goal**
- » Track Habit **Progress**
- » Build on **Successes**



TO BE COURAGEOUS

Strategies to Develop Healthier Habits

- ☐ Resist assuming others are judging me.
- ☐ Be who I am, not changing to fit in.
- ☐ Be brave enough to take healthy risks.

Switch the Story *Live* Your Adventure



Your Working GPS

Adventure 02 CONFIDENCE & COURAGE *Switch* Fitting In *to* Belonging

Goal: I will

Progress HABIT *Plan* **TO BE COURAGEOUS:**

H ▶ _____

A ▶ _____

B ▶ _____

I ▶ _____

T ▶ ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

Just starting.

Making progress.

It's a habit!

Signs of **S**uccesses:

-
-
-
-
-



CONFIDENCE & COURAGE

