

Adventure

02 CONFIDENCE & COURAGE

Switch Fitting In to Belonging

SOLEFX
JOURNEY





Adventure 02 CONFIDENCE & COURAGE

Learn
Engage
Act
Develop

Switch Fitting In to Belonging



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** 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.



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.

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.



WHAT COURAGE LOOKS LIKE

Rate the amount of courage these situations take for you personally.

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

- ☐ Saying no when pressured, even if others will judge you.
- ☐ Standing up for someone who is being mistreated.
- ☐ Accepting responsibility for your actions.
- ☐ Making new friends.
- ☐ Standing up for personal values, regardless of others' opinions.
- ☐ Taking a leadership position in groups.
- ☐ Trying again after being defeated or failing.
- ☐ Trying something new.
- ☐ Telling the truth even if there will be negative consequences.
- ☐ Admitting you made a mistake or were wrong.
- ☐ Setting healthy boundaries for what you will or won't accept in your life.
- ☐ Asking for help.
- ☐ Living authentically, being brave enough to be your true self.
- ☐ Being honest with your parents or guardians about how you feel.
- ☐ Sharing and defending your responses from this activity with your peers.



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



WHAT CONFIDENCE LOOKS LIKE

What does confidence look like to you?

Rate your level of confidence and explain. 1= Insecure 2= Somewhat confident 3= Fairly confident 4= Mostly confident 5 = Extremely confident

We've all been in situations where we try to fit in. Describe one of those times and how it impacted you.

Fear is the biggest enemy of confidence. What is fear stopping you from doing (i.e., speaking up for yourself, trying something new, asking for help, letting go of doing something just to please others, etc.)?



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.

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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.

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3. TRUE or FALSE? Discuss your reasoning.

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



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