

Exploring Leadership

ADAPTABILITY: SELF CONFIDENCE

Confidence does not mean never feeling nervous or unsure. Self-confidence is believing you can try, learn, and handle challenges even when things feel difficult. Confidence grows through action. The more people practice trying new things and stepping outside their comfort zones, the stronger their confidence becomes.

CONVERSATION STARTER:

Do you think confident people are never nervous, or do they learn to keep going even when they feel uncomfortable? Why?

Many situations in life require confidence, even when people do not feel fully ready. Youth may need confidence to speak in front of a group, ask questions, meet new people, or try something new. People often wait to feel confident before taking action, but confidence is usually built by taking action first.

KEY OBJECTIVES:

- Understand that confidence grows through practice and action.
- Practice stepping outside of their comfort zones in a safe and supportive environment.
- Identify ways to build confidence when facing new or challenging situations.

WHAT YOU'LL NEED:

- Confidence Challenge slips (see Appendix)
- Container or envelope
- Scissors

EXPLORATION ACTIVITY:

In this activity, participants will practice stepping outside of their comfort zones and acting with confidence in fun, low-pressure situations.

FACILITATOR TIPS:

- Encourage participation, but allow participants to pass if a challenge feels overwhelming.
- Focus on effort and willingness to try rather than performance.
- Keep the environment positive, supportive, and low-pressure.

- Cut apart the Confidence Challenge slips (see Appendix) and place them into a container or envelope.
- Tell participants that they will complete confidence challenges designed to help them step outside of their comfort zones. Explain that confidence is not about being perfect or never feeling nervous. It is about being willing to try, even when something feels uncomfortable.
- Encourage the group to applaud and support each participant after their challenge.
- Have participants take turns drawing one challenge. Give participants a short amount of time to prepare if needed.
- Encourage participants to complete the challenge as confidently as possible, even if they feel nervous or uncomfortable.
- After everyone finishes, discuss how confidence can grow when people are willing to try difficult or uncomfortable things.



REFLECTION QUESTIONS:

- How did you feel before completing your challenge? How did you feel afterward?
- Was it easier or harder to act confidently than you expected? Why?
- What helped people feel more confident during the activity?
- What did this activity teach you about confidence?

APPLICATION DISCUSSION:

- Why do people sometimes avoid situations that make them feel nervous or uncomfortable?
- How can trying difficult things help build confidence over time?
- What are some situations in your life right now where confidence is important?
- What is one thing you could do this week to step outside your comfort zone and build confidence?



CONCLUSION:

Confidence is built one step at a time. Every time people try something new, face a challenge, or step outside of their comfort zones, they have an opportunity to grow stronger and more confident. The more people practice taking positive risks, learning from mistakes, and believing in their ability to improve, the more prepared they become to handle challenges in school, leadership, relationships, and life.

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REFERENCES

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- FBI - Teaching the Big Four - https://leb.fbi.gov/image-repository/the-big-4.jpeg/image_view_fullscreen
- Kids Health - <https://kidshealth.org/classroom/>
- Tennessee Tech University: Examples of Measurable Goals and Objectives: <https://www.tntech.edu/index.php>



APPENDIX:

Confidence challenge

- Give a 30-second speech about why pizza should be eaten for breakfast.
- Pretend you are selling an invisible product to the group.
- Walk across the room like you are a celebrity on a red carpet.
- Give a weather report for a planet made entirely of candy.
- Introduce a potato like it is the most famous person in the world.
- Pretend you are a news reporter covering a squirrel invasion.
- Sing one line from a song as dramatically as possible.
- Convince the group that homework should only happen once a year.
- Pretend you are accepting an award for “Best Tooth Brusher of the Year.”
- Walk across the room using your best superhero pose.
- Give a motivational speech to a group of rubber ducks.
- Pretend you invented a backpack with a ridiculous feature and try to sell it.
- Describe your dream vacation using an overly dramatic voice.
- Pretend you are a sports announcer describing someone tying their shoe.
- Teach the group how to open a water bottle as if you are an expert instructor.
- Pretend you are running for president of the cafeteria.
- Give a commercial about why naps are important.
- Introduce yourself as if you are the main character in an action movie.
- Pretend you are a tour guide showing visitors around a very boring place.
- Explain why your favorite snack deserves its own holiday.
- Pretend you are a fashion expert describing the world’s strangest outfit.
- Pretend you are interviewing a pet rock on a talk show.
- Walk confidently across the room while waving to an imaginary crowd.