

# CONFIDENCE

## *Concepts of Courage*

**Confidence** - someone who is confident believes in their own abilities and therefore, does not feel nervous or frightened because they have prepared for whatever they may face

**Courage** - very brave and determined even under difficulties or in the face of opposition

We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face... we must do that which we think we cannot.

- Eleanor Roosevelt

## SELF REFLECTION CHALLENGE

What is the key word to gain confidence?

What have you done to prepare for the season?

What have we done as a team to build our confidence?

Within your team, site some examples of courage?

Think of someone you admire who displays confidence?

How can lack of self-confidence impact our team?

What can YOU do to develop your self-confidence?



I will do my part  
No matter the situation  
To ensure high character  
Every minute, hour, and day  
Giving of myself  
Respecting the sports of Cheer and Dance  
Investing in others  
To leave All Star and our Program a better place for  
You

