

SELF-MANAGEMENT SKILLS

Class IX , Ch-2 Self- Management Skills: I(IT
#402)

Session 3: Self-confidence

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Learning Outcome of this Session

After completing this session, you will be able to

- describe the meaning of self-confidence.
- list the qualities of self-confident people.
- identify ways in which you can build your self-confidence.
- list factors that influence self-confidence.

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Self-confidence

- Self-confidence is a sense of trusting own's abilities and self. If you are an intelligent, hardworking and talented person, but lack confidence, and avoid taking initiative, then it may be difficult for others to recognize your talent. Self-confidence can be developed through changes in attitude and practice.
- Self-confidence is a quality we build when we believe in our strength to succeed in anything we do in life. People who are confident believe that they can do anything given to them in any situation.

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Qualities of self-confident people

Self-belief

Thomas Edison made thousands of prototypes of the incandescent light bulb, before he could finally invent the bulb. In spite of struggling with repeated failures, his resilience and belief in self gave the world one of the most amazing products, i.e., bulb.

Hard Work

Dipa Karmakar, despite having a flat foot at the age of six worked hard to become the first Indian female gymnast ever to compete in the Olympics.

Positive Attitude

Positive attitude is nothing but focusing on the positives even in the time of adversity. For example, the situation of losing a game can be perceived as losing something or as an opportunity to review the game strategies and improve to win in the future.

Commitment

Mahatma Gandhi, the leader of Indian Independence Movement, was highly committed to the cause of making India free from the British Raj. He employed non-violent civil disobedience to get India independence.

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Building self-confidence

The three steps to building self-confidence are as follows:



Step 1: Appreciate achievements & accept failures

For example, celebrate the achievements when the team wins a competition. Articulate learning when the team loses a competition.



Step 2: Have a goal and take steps towards it

For example, if you have won bronze at an event, set the goal to win gold medal next time and take action for it.



Step 3: Always look at the good side and be happy

For example if you have lost a match, celebrate the efforts of those team members who performed well. Talk to people who are confident and try to gain.

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Factors that decrease self-confidence

Given below are some factors that decrease self-confidence.

- A. When we think we cannot do a particular work.
- B. When we keep thinking of our past mistakes and feel bad about it, instead of learning from them.
- C. When we expect to be successful at the first attempt itself and do not try again.
- D. When we are surrounded by people who have a negative attitude, which is reflected in their speech.

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A quick Recap Of This Session

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Home Assignment

A. Multiple choice questions

Read the questions carefully and circle the letter (a), (b), (c) or (d) that best answers the question.

1. What steps should one take to build confidence?
 - a) Set goals in life
 - b) Appreciate oneself for all the achievements
 - c) Always think positively
 - d) Talk to people who are confident
2. Which of the following is a quality of a self-confident person?
 - a) Patient
 - b) Compassionate
 - c) Committed
 - d) Passionate

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Home Assignment

B. Short answer questions

1. What are the factors that affect self-confidence?

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THANKING YOU

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