



# Confidence = Taking Action

## Understanding Confidence

Definition: Confidence is the belief in your ability to take action and make a difference.

1. In your own words, what does this mean?

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2. How is this different from just feeling confident?

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## Would You Act?

Speaking up when you disagree in class

☐ I would act      ☐ I would hesitate

Why? \_\_\_\_\_

Trying out for a team you might not make

☐ I would act      ☐ I would hesitate

Why? \_\_\_\_\_

Standing up for someone being excluded

☐ I would act      ☐ I would hesitate

Why? \_\_\_\_\_

Asking a question when you're confused

☐ I would act      ☐ I would hesitate

Why? \_\_\_\_\_

## **Barriers & Boosters**

Barriers (What holds people back from taking action):

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Boosters (What helps people take action):

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## **Your Confidence Action Plan**

A situation where I usually hold back:

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One specific action I can take:

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When will I do this?

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What might make this difficult?

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What will help me follow through?

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## **Reflection**

What does confidence look like in action?

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How might taking action change how you see yourself?

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What is one small step you will take this week to act more confidently?

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