



CONFIDENCE AND COURAGE

Learn
Engage
Act
Develop

Fitting In **SWITCH** to *Belonging*

LEARN

Confidence is defined as the inner strength to accept and believe in yourself regardless of your weaknesses or negative messages from others. Courage is taking action in the presence of fear, being brave enough to risk rejection or failure. Being courageous means you don't feel the need to change who you are just to fit in and be accepted.

FITTING IN:
requires us to **CHANGE** who we are

BELONGING:
requires us to **BE** who we are

Objective: To identify your values and value conflicts. To develop confidence, which requires living by your own values and not others' values. To develop courage to live your values every day no matter what those around you want you to do.

Why switch fitting in to belonging?
To live confidently and courageously!

Confident people worry less because they can assert themselves, tell people what they want to do, and ask for help when they need it. Courageous people often achieve their goals because they take healthy social risks. They also live more productive, exciting, and fun lives. Confident and courageous people have stronger relationships. They're happier and more successful!

Direction: Complete the LEAD steps in a journal or on this paper.

- Watch three videos of your choice: (click link) [values.com](https://www.values.com)
- Which video impacted you the most and why?

ENGAGE

- Using the Values list below, choose the ten values that are important to you.
- Identify your top two values and explain why they are important to you.
- What are things (i.e., mindless screen time, negative peer pressure, etc.) that interfere with you living out your values?
- What are two small steps you can take this week to become more confident by living your values?

VALUES

Adventure	Curiosity	Friendship	Honesty	Knowledge	Self-Esteem
Ambition	Dependability	Fun	Hope	Learning	Service
Aspirations	Diversity	Generosity	Humility	Mindfulness	Simplicity
Compassion	Dreams	Genuineness	Humor	Openness	Solitude
Confidence	Efficiency	Grit	Image	Perfectionism	Spirituality
Connectedness	Enjoyment	Growth	Independence	Popularity	Spontaneity
Consistency	Faithfulness	Happiness	Inner Peace	Purpose	Thoughtfulness
Cooperation	Fame	Hard Work	Justice	Relaxation	Tradition
Courage	Family	Health	Kindness	Responsibility	Wealth

ACT

Value Conflicts

Now that you've learned about and identified your values, you also need to understand that certain values, when paired together, can conflict with each other, causing you stress. These value conflicts can come from relationships, peer pressure, or even from within yourself.

Using the value conflicts List below, identify your top two pairs of value conflicts.

Write your personal examples and action steps.

IMAGE and HAPPINESS

Desiring an online image of perfection and happiness and trying to actually be happy.

My Example:

My Action:

HARD WORK and RELAXATION

Wanting to achieve a lot and being frustrated when there's little or no time to relax or live ones adventure.

My Example:

My Action:

PERFECTIONISM / ORDER and EFFICIENCY

Perfecting details and spending an unrealistic amount of time on a task.

My Example:

My Action:

INDEPENDENCE and FRIENDSHIP

Wanting to make your own decisions but hindered by friends who want to do something else, causing conflict.

My Example:

My Action:

CREATE YOUR OWN and

My Example:

My Action:

Common Value Conflicts Provided by Azita Hickey, PhD.

DEVELOP

Put this list in a place you can see it each day.

Write down the actions you take towards solving these conflicts.

Live Your Adventure!