



**FEAR OF FAILURE** – This is one of the most common fears out there and just about everyone has experienced these feelings at one time or another. Fear of failure can be a good thing if we can turn our fear into motivation to change. Fear of failure is a problem when it prevents us from taking the risks necessary to move forward in our lives. One remedy for fear of failure is confidence building:

### **Confidence Building:**

➤ **Confidence** - belief in oneself and one's powers or abilities; self-reliance; assurance

### **Warm up Activity: Take the Confidence Challenge:**

Directions: Look over the following list of challenges. Try to pick one that is difficult for you and perform it in front of others (If in a group, do it in front of the group) Again, remember it's not a confidence builder if it's too easy for you so pick something that gets you to push yourself.

(*Alternate Option* only for individuals who are up to the task: If you have the guts, have someone else in the room pick your confidence challenge!)

### **Confidence Challenge List:**

- Sing a song in front of others
- Share something embarrassing about yourself
- Do a short stand-up routine and tell a few jokes
- Tell everyone about a nickname you had and how you got it
- Do an impersonation or two and see if people can guess
- Freestyle rap about a subject
- Recite a poem for everyone
- Tell an interesting story with a surprise ending
- Talk about a special talent that you have
- Demonstrate a cool trick that you know
- Dance in front of everyone
- Pick an animal and act like that animal for 30 seconds
- Stand up & take the lead and try to get the group to do "the wave" (like at a sports event)
- Come up with a clever saying and body movement & get the group to do it in unison
- Do a monologue about something you believe in or feel strongly about
- Do something in front of everyone blindfolded
- Make a funny face and hold it for a minute straight
- Put yourself in the hot seat – Let everyone ask you questions then answer them honestly
- Make weird noises without talking, in front of everyone for a minute straight
- Let someone else tell you what to do for a minutes straight and then follow their orders
- Take the "laugh challenge" You have to make 3 other people laugh before your done

Take turns performing your confidence challenge. Be nice but have fun!



## Process/Discussion:

1. How did it feel before you took your challenge? – How did it feel afterward?
2. What is your “comfort zone”? What is the value of learning to leave your comfort zone once in a while? (How can that help you build confidence and overcome fear of failure)
3. Discuss some of the following from your own perspective:
  - “Man cannot discover new oceans unless he has the courage to lose sight of the shore.” -Andre Gide
  - “The greatest mistake you can make in life is to be continually fearing you will make one.” – Elbert Hubbard
  - “Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says I’ll try again tomorrow.” -Mary Anne Radmacher
  - “I can accept failure, everyone fails at something. But I can’t accept not trying.” –Michael Jordan
  - "Our greatest glory is not in never falling, but in rising every time we fall." - Confucius
  - "In order to succeed, your desire for success should be greater than your fear of failure." Bill Cosby
  - “You miss 100 percent of the shots you never take.” -Wayne Gretzky





## **Conclusion: Making Application in Real Life –**

Building self-confidence does not happen overnight. It is a process that takes time but yields excellent results if you stick with it. You probably have already had some success in your life if you think about it, and if you apply yourself now you will continue to make progress. Answer and discuss the following:

**What is one life area or situation in which you used to be afraid but now you have confidence?**

**Brainstorm – In your current situation, what do you think you might need in order to take some steps forward and build confidence and therefore make progress?**

**Some areas to consider:**

- **Who or what do you have available to help you?**
  
- **What strengths, qualities, talents and abilities do you already have that you can build on? (Be creative with how you can use them to your advantage)**

**Action: What simple steps are you willing to commit to trying over the next few weeks in order to build self-confidence and overcome any fear of failure? Come up with a simple goal or two and make a commitment to work on it and then discuss it with whoever is helping you (Such as your group or your counselor or any other helper)**

**Examples –**

- **I am going to speak up or share my thoughts in front of others at least once per day**
- **I am going to try to strike up conversation with strangers to build confidence**
- **I will go on a job interview just for experience even if I am not qualified**

**What are your confidence-building goals/ideas?**