

Wellbeing Builder:	Self-Belief
Wellbeing Element:	Strengths and Emotions
Character Strength:	Curiosity
Wellbeing Fitness Challenge:	What Went Well

To build the social-emotional resilience to successfully negotiate the challenges of life and schooling, young people require a healthy sense of **self-belief** in their self-worth and value as a person. They should mindfully focus on using their signature and top supporting strengths in their every thought, word and action.

Two of the most effective ways to develop self-belief in themselves to make a positive difference are to reflect on and write down three good things they are grateful for that happened, why they happened and how they can make them happen again. It is a good idea to do this daily. Look for opportunities to do little positive acts of kindness which build other peoples' state of wellbeing. It's funny that when we try to bring out the best in others, we can't help but bring out the best in ourselves. Do good to feel good, in that order.

Having conversations at home, at school and in the community about these things will enable students to develop as young citizens with spirit and confidence. It is perfectly **natural** for student to experience self-doubts and have butterflies/nerves. Our influence is to have them use the nerves in a positive way. As adults we need to act if we notice their self-belief waning.

"As is our confidence, so is our capacity." William Hazlitt