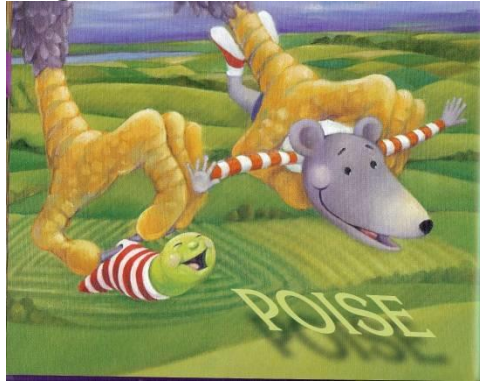


May Building Blocks: Poise and Confidence



*I'M Everett the Eagle flying free.
There's no one else who's quite like me.
And there's no one who's quite like you.
So be yourself 'cuz you are cool.
With **POISE** you like the one you are.
It gives you pride and takes you far.
POISE is needed for **SUCCESS**.
Just be yourself; 'yourself' is best!*



*To race with most would be a disaster.
Many are taller. Others run faster.
But I don't care if they seem greater.
I trust in me, the alligator.
My **CONFIDENCE** is plain to see.
I have learned to trust in me.
The **Pyramid** will teach you too.
Be **CONFIDENT**; believe in you!*

*(Excerpts taken from the book,
Inch & Miles: The Journey to Success)*

Building Up to Confidence

It's no coincidence that Coach Wooden placed the character traits of **confidence** and **poise** near the top of the Pyramid of Success. He knew that by working hard toward our goals, building valuable friendships, developing our self-control and determination, and learning to live life with enthusiasm, our self-confidence would develop on its own.

Coach Wooden often said, "Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are." He believed that **if we are truly confident, we won't worry about what others think of us; we will only worry about who we really are.** And when we have worked on developing all of the other traits in the Pyramid, we are confident in who we are and who we need to be!

True confidence comes from within. It doesn't depend on the clothes we wear, the gadgets we own, or the place we live.

Help your child develop true self-confidence that doesn't depend on material possessions by teaching the following:

- **Love who you are.** Teach your child to value the person he or she is on the inside. Point out the things that you love about your child, such as his or her spirit or sense of humor.
- **Be true to what you believe.** Talk to your child about staying true to what he or she believes. A person should never have to compromise his or her values in order to make another person happy.
- **Know who you love and who loves you.** Remind your child that there is a network of people who love and support him or her no matter what. Those people will always be there, especially on bad days.

A journey is really just a lot of small steps. Start by taking these steps with your family:

1. Help your child love what makes him or her unique. Remind your child that what makes us different is what makes us special.
2. Encourage your child to say only positive things about other people. Truly confident people don't bring others down by saying negative things.
3. Support your child when he or she isn't feeling confident. Talk about what is making him or her feel bad, and be a good listener.

Source: Premier, a member of the School Specialty Family

Confidence comes from being prepared.
~John Wooden~