

Confidence - Activity 2

The cycle of success



Time Taken: 40 - 50 minutes

Skills Developed:



Confidence



Resilience



Self-awareness

Resources Required:

- This worksheet

Instructions:

1. Explore the link between failure and confidence
2. Understand the Cycle of Success
3. Apply the Cycle of Success to Michael Jordan's story
4. Apply the Cycle of Success to your life

Learning Outcomes:

1. Understand how failure can lead to confidence
2. Understand how the Cycle of Success works
3. Understand how the Cycle of Success can apply to your life

What is confidence?

"In order to become confident, you have to make sure that you never fail."

Do you agree with the statement above?

Task: Do you agree that being confident means never failing? Write a short (2-3 sentences) response explaining your choice.

Are you confident enough to fail?

Michael Jordan is one of the most famous and successful basketball players of all time. He knows a lot about success and confidence. But he also knows a lot about failure.

Read his words below.

"I've missed more than 9000 shots in my career. I have lost almost 300 games. 26 times, I have been trusted to take the game-winning shot and missed. I have failed over, and over, and over again in my life. And that is why I succeed."

Task: Why do you think Michael Jordan believes that his failures led to his success? Use the sentence starters below to answer the question.

I think that Michael Jordan believes that his failures led to his success because.....

Failure can lead to success by.....

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The links between failure and confidence

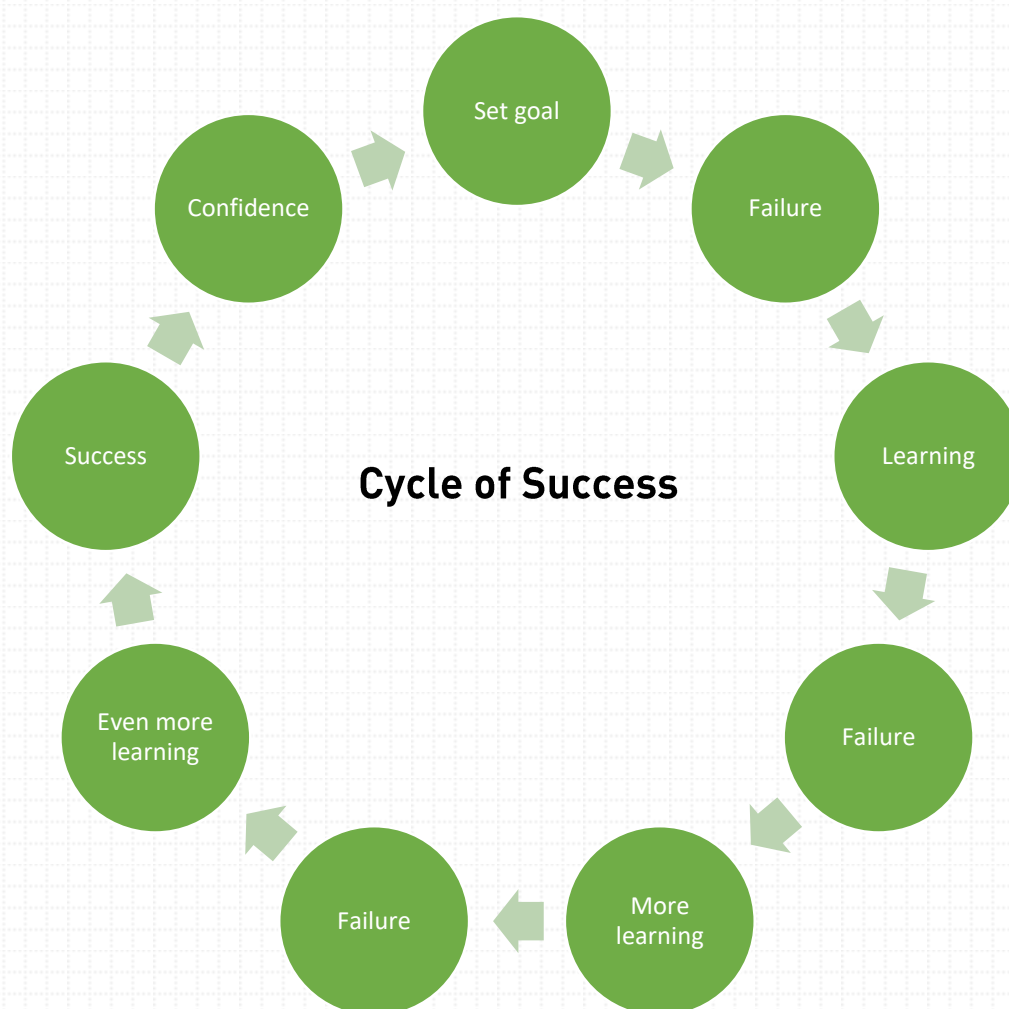
In this section you are going to explore the **'Cycle of Success'**. You can develop confidence through success, but you need to experience and learn from failure in order to become successful.

Below is a model explaining the **'Cycle of Success'** for you.

Task: Read the model explaining the Cycle of Success.

Trying to do something you cannot yet do will probably lead to failure. **What is important is that you learn from that failure.** Try to learn from that failure, so that you will have a greater chance of success the next time you try to do that thing. Eventually, you will have learned enough to be successful.

At that point, you can set yourself a harder challenge and begin the **'Cycle of Success'** again! That is why it is called a cycle.



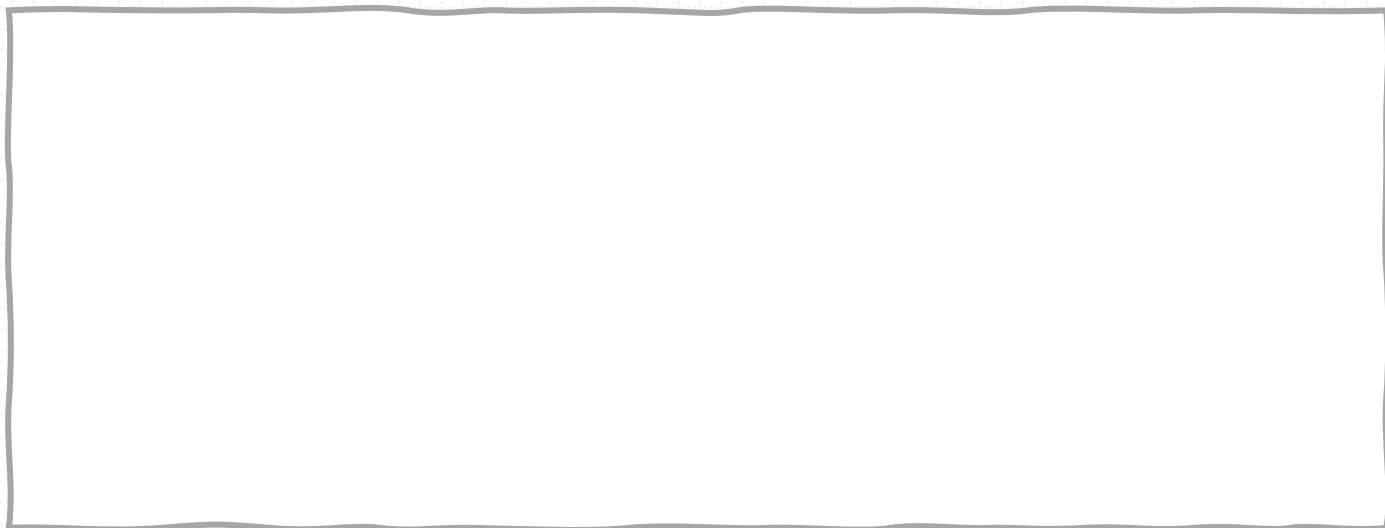
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When you try and fail, you should **ask yourself the following questions**, so that you can **learn from your mistakes for the next time**.

- What went wrong?
- What stopped me from succeeding?
- What could I do differently to increase my chances of success?
- How will I approach this task differently next time?

Can you apply the Cycle of Success to Michael Jordan's basketball career? How did his many failures help him to become so successful?

Task: Explain (in 3-5 sentences) how the Cycle of Success model might have helped Michael Jordan to be such a successful basketball player.



Application: Your goals

Can you think of a goal in your life that you have aimed for and not succeeded in? ***If not, think of a goal that you would like to achieve but have not yet attempted.***

Use the questions below to help you use the 'Cycle of Success' to plan for success in meeting your goal.

Task: Answer the questions below to make use of the Cycle of Success. If you have not yet attempted your goal, answer the next set of questions instead.

What was the goal?

What happened when you tried to achieve it?

What stopped you from being successful in achieving your goal, and why?

What could you do differently next time to increase your chances of success?

What could you do between now and your next attempt to increase your chances of success?

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Task: If you have not tried to achieve the goal yet, answer these questions.

What is the goal?

When and how will you try to achieve it?

What are the things that might lead to failure?

If you do not succeed the first time, what steps will you take to succeed the next time?

Optional Task - Sharing Your Learning

The following task is an optional one to help develop your learning further. One of the best ways to consolidate your learning is to share what you have learned with someone else.

Can you explain the concepts of the Cycle of Success to someone else?

Task: Write a letter, email or text message to a friend or family member. It should explain what the terms 'Cycle of Success' means. You should try to include the features below.

- What the 'Cycle of Success' is
- How success leads to confidence
- How Michael Jordan's failures led to his successes

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