

*Thought in Action:*  
Self Confidence

**Welcome to  
Thought in Action**

*The Thought in Action program is designed to help you better understand how to make the lessons that you learn at Croley's Martial Arts Center part of your everyday life. The more you practice and develop the leadership traits, the better a martial artist and person you will be. Remember that the path of the Martial Arts is one of Self Mastery. Work to find harmony within yourself and in everything that you do.*

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*Be a Black Belt Leader*

## Self Confidence

### *Bring Your Practices into Your Daily Life*

Fear used correctly is a good thing. Fear tells you that there is a potential danger. True Courage and self confidence comes not from a lack of fear– but from being able to defeat fear and to use it to your advantage. Somebody who is not afraid of something that is dangerous is not brave, but very, very foolish.

Like all emotions, fear serves a very valuable purpose– it tells you that there is potential danger. This could be a physical danger, an emotional one, or a mental one. When you feel fear, try to figure out what you are afraid of. Sometimes we are simply afraid of something because it is new and we know nothing about it. Sometimes it is because there is a legitimate danger– sometimes this danger must be overcome and sometimes it must be left alone.

Whatever the case may be, learn to understand and control your fears. Sometimes we feel fear for quite simply no reason. Don't let this control you. To do this is to have true courage. True courage gives you the power to do what you know is right even when nobody else is. True courage gives you the power to follow your dreams of achievement and success and to make those things happen in your life. You have the power and the ability to become everything that you have ever dreamed of– but first you must defeat the one thing that holds you back from becoming the most that you can be. Yourself and your own reasonable or unfounded fears. Have the courage to understand these fears and to defeat them.

### *The Yin and Yang of Self Confidence*

Many people confuse great acts of confidence with great acts of stupidity. Confidence means to fight for or to work towards something that you think is right and will benefit yourself or others. Confidence is not jumping off of a bridge, playing foolish pranks, or doing something that could potentially hurt yourself or somebody else simply because you are afraid to try it. The reason you are afraid of jumping off of tall buildings is that you will seriously injure yourself or die when you hit the ground. Confidence is not stupidity. Confidence is to be brave only when you have to be. Confidence is to have integrity, even when it makes you look bad. Confidence is to be honest, even if the truth hurts. Sometimes confidence is to walk away, even when somebody insults you in some way.

It takes a mentally weak person to work hard to achieve foolishness. It takes a strong and courageous person to work to achieve what they think is right for themselves, their family, and their friends.

Have the courage to make a difference, to make the world a better place for you having been in it.

**Task : Facing Your Fears**

# Self Confidence

## Task 7: Confidence Despite Fear

Confidence is deciding to do the right thing despite any fear of your own that might be standing in the way. We all have fears that we must overcome if we are to grow. Confidence is what is called upon to take us over the breaking point. You have the ability to conquer all of your fears. You just need to find the strength and resolve to act with Confidence.

Your task is to create a list of fears of which you wish or need to overcome. You might want to elicit the help of parents or elders, because it is sometimes difficult to observe our own fears and weaknesses. Come up with 12 of these. When you have done this, for the last part of this task, work on conquering one of these.

When you have achieved conquering your fear, write down how you have done so.

### Goals : Targets

**My Target Date For My Next Belt is**  
\_\_\_\_\_ month \_\_\_\_\_ year.

**My Black Belt Target Date is**  
\_\_\_\_\_ month \_\_\_\_\_ year.

Set a goal about how you can demonstrate the Confidence to be yourself in the face of peer and social pressure. If you know what the right choice is, but don't want to look too smart, or un-cool, answer it or choose right anyway. You'll be a lot cooler and more confident in your future if you can start the habit now. Do this in all areas of your life... at school, at home, with friends, activities you like to do, etc.

An example of how I demonstrated the Confidence to be myself is:

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*Dear Parents and Teachers,*

*It is our main objective to develop Black Belt Leaders at home, at school, and in the community. We would appreciate your feedback, and deeply value your opinions as success coaches at home and /or at school.*

**Students Name:** \_\_\_\_\_

**Teachers:**

1) How well do you feel this student displays confidence in the face of challenge?

Excellent Good Average Poor

2) Please rate this students effort toward his/her education.

Excellent Good Average Poor

Comments: \_\_\_\_\_

**Parents:**

1) Do you feel that your son/daughter has shown improvement in his/her ability to display courage? Yes  
No

Comments: \_\_\_\_\_

### Checklist for Belt Promotion

- 1) Have you completed your Task
- 2) Have you improved your conduct at home, school , and in the community? (Target Goal)
- 3) Do you have, or are you close to having 4 Blue Tips on your belt (16 classes)?
- 4) Have you signed up for the Belt Ceremony?
- 5) Have you paid your Graduation Fee(s)?
- 6) Have you brought a friend to class, or recommended someone during this testing cycle?

When your checklist is complete, please present everything to Shifu Petrush or Master Croley to earn your gold tip for your belt.

**Task : Facing Your Fears**