

Believe



- Schools are constantly encouraging children and young people to be resilient, to focus on their strengths and realise their potential. How often do we listen to our own advice and try to develop some healthy self-belief?
- Belief is a bit like a muscle. The more we use it, the more empowered we are to be brave and face new challenges. If we don't flex it, we can lose confidence.
- It may help to think of stepping stones on a path. Each time we believe in ourselves and take a step forwards, it makes the next step easier.
- Is there a conversation we need to have with someone? An opportunity we're considering? Something that we've always wanted to try?
- Who inspires us? Could our example inspire those around us to overcome self doubt and believe in themselves more?

“You’re braver than you believe, stronger than you seem and smarter than you think.”

Carter Crocker, Pooh's Grand Adventure



