

The basis of **SELF-CONFIDENCE**

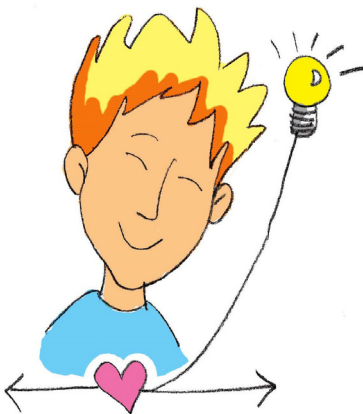
Marty is learning that Self-confidence is of supreme importance on planet Earth. It is so important that it can be compared to the **foundation of life**. This means that everything else is built on it! When we cultivate Self-confidence our character becomes strong. But where do we start from?



A two legged chair will never give us a stable basis. To be stable a chair needs all four legs! In the same way we need to be able to refer to the four pillars of Truth, Righteousness, Peace, and Love all the time. These values are what make us human and lie deep, within our very own heart. Like the roots of a tree, they are invisible, but essential to the growth and strength of the tree. Then how can we see them? By practicing them in whatever we think, do and say! When we base our thoughts, actions and words on these values we will never lose our way. We will be able to go anywhere in life, head high and fearless!

Talk about Self-confidence with your friends

What does it mean to have a good basis on which you can stand, safely and securely in life? Why do you think it is so important? Can you make some examples? To understand how having no basis feels, unscrew two legs of a chair and take them out. Try to sit on the chair. What happens? How do you feel? Now screw the legs back onto the chair and sit down. How do you feel now?



Do you remember Marty's story? He was lost in the forest and tried to find his way out at first by using all sorts of technological devices. But none of his gadgets worked! He had to find another way to illumine his path. What did he do? He learned to connect his intelligence to his heart. When these two (head and heart), work together they guide you and help you make the right decisions and take the right steps! When we make it a habit of connecting our thoughts, words and actions, by tuning into Human Values, we build Self-confidence! That means that we can rely not only on our many skills and talents, but on an inner source of wisdom as well!

MORNING AFFIRMATION

A simple morning exercise can help you cultivate self confidence. Try it and see what happens! When you wake up, after you've expressed your gratitude for the new day that's about to begin, repeat something like this: "Today will be a beautiful day. The most sacred values reside in my own heart. These values are the foundation of my life and I can always count on their presence because they are within me and never change."