

Believe in Yourself

4G Assembly

“Believing in yourself doesn’t mean that you automatically think that you are the best or that you have complete confidence in your ability to do really well all the time. It’s about understanding that you belong on that stage, pitch or classroom as much as anyone else, simply being the person that you are....”

Chris Hoy

Ways to 'Believe in Ourselves' and achieve 'Acceptance'

- ❖ **Be comfortable with who you are.**
- ❖ **Do not compare negative views of yourself with unrealistic views of others.**
- ❖ **Challenge Negative Thoughts. Think Positive!**
- ❖ **Be Realistic and Learn to Fail Well.**



Confidence and Enjoyment



.....if you can be happy in yourself you are far more likely to have fun whatever the outcome!

How do you keep on enjoying what you do?



Do it for Yourself



Use 'achievable' goals to motivate you



Include some FUN elements



Enjoy the small things

Inspiring Sports Stars

Simone Biles



Olympic Gymnastics Gold Medalist

‘Have Confidence’

[Please click on this link](#)

Rafael Nadal



13 Grand Slam finals

“I always work with a goal and the goal is to improve as a player and a person.”

Inspiring Sports Stars

James Cracknell

British Athlete

Rowing Champion.

Double Olympic Gold Medalist.

OBE for services to Sport





Inspiring Sports Stars

Jessica Ennis-Hill

Former Olympic heptathlon champion.

Three-time world champion.

European champion.

World indoor pentathlon champion.





How 4G Believe in Themselves

**Keep on
Trying**

(Aria)

**Remain
confident
and keep
focused**
(Hugo)

**Keep on
trying and
you will
achieve
your goals**
(Imogen)

**Focus on
the
positives**
**(Mrs
Wallace)**

**Don't let
anything
distract you
from your
goal**
(Alfie)

**Push
yourself to
achieve new
challenges**
(Eliza)

**Use your
nerves as
adrenalin
and keep
believing
you will win.**
(Xanthe)

Have FUN!

“There is one final thing you need to become your own champion. If you want to get the best out of yourself you have to have fun! It’s so important in your journey to amazing.”

Chris Hoy



**SUCCESS IS NOT FINAL;
FAILURE IS NOT FATAL:
IT IS THE COURAGE TO CONTINUE
THAT COUNTS.**

WINSTON S. CHURCHILL

This Week's Awards

Please click [here](#)

Let us Pray....

This is my **prayer** for you:
smiles when sadness intrudes,
laughter to kiss your lips,
hugs when spirits sag,
friendships to brighten your being,
confidence for when you doubt,
courage to know yourself,
comfort on difficult days,
rainbows to follow the clouds,
sunsets to warm your heart,
beauty for your eyes to see,
faith so that you can believe,
patience to accept the truth,
love to complete our life.

Song

