

Have you noticed that some kids seem to have it all together? They look and sound so sure of themselves while you feel like a pair of flip-flops in a world full of Nikes. What's up with that? Are they faking it, or is that swagger for real? Well, I think there's actually a formula for swagger. I'm not talking about arrogance, but the real genuine kind of poise that's cool without trying to be cool. So here it is...sort of like a math equation. High self-esteem + High self-confidence = Major Swagger.

What is self-esteem? Some people think it's walking down the hall knowing that your friends like you? That's not bad, but it's more important that you walk down the hall knowing that YOU like you? – even though you're not perfect. Seriously, do you like you? It would be good for the rest of us if you did. People who like themselves are more fun to be around! So start treating yourself like someone who is likeable—because deep down you are!

Next, what is self-confidence? Some people think it's being the best at something. That's not really it. Confidence is BELIEVING in your skills. It's believing you can deliver a performance equal to what you've learned so far...and that's all. My coach says the skills you have aren't any good, unless you BELIEVE in the skills you have. Of course no one has all the skills they need, but once you believe you can LEARN new skills, you can be confident all the time. Sometimes swagger is just believing you can learn to solve the problem, learn to hit the curve ball, learn to make the moves, or even learn to say the right thing at the right time. So, what do you believe about you right now? That's the question. Do you believe in your skills? Do you believe you can learn new ones? Confidence is just believing...and here's why it's so important: No one ever performs consistently at a level higher than what they believe to be true about themselves.

Come on, it's time to get a little more swagger. Because whether you say "I can" or you say "I can't" ...either way you're right!

LEARNING OBJECTIVE: Student will understand the nature of self-confidence and its source.

DISCUSSION: Explore the difference between legitimate Swagger and phony arrogance. Ask why the last line of the script is true.

INSTRUCTIONS: Distribute page two of the handout to students after viewing the video. Ask students to use the second page of this handout to build an inventory of their self-esteem strengths, current skills, and desirable future skills.

High Self-Esteem
Why do I like me?



High Self-Confidence
Which of my skills do I believe in?
OR, what do I believe I can learn?



SWAGGER
Not arrogance

Improving Swagger Worksheet

Here are some questions to help you: Be specific with your answers.

1

Which of your skills can you count on when needed?
Describe your confidence.

An answer to share

2

What do you imagine true Swagger would feel like for you?

A private answer