

Week 30 - Confident

Day 2

Ben Hooper – The son of...

Little Ben Hooper was born at a time when if you didn't know who your father was, you were ostracized from society. When Ben started school, he would stay inside by himself at recess. He brought his lunch and always ate alone. When he and his mother would go to the general store on Saturday to get groceries, the self-righteous ladies would say in a whisper you could hear about 200 yards away, "I wonder if he knows who his father is. I wonder if she knows." Little Ben seemed to be sentenced to a life of loneliness and despair. Then he heard about a new young preacher in town. Ben and his mom did not go to church, but all the kids were talking about the new preacher, so little Ben decided to go.

The church had a ritual at the end of the service; one of the members would pray and the preacher would go to the back of the church and shake hands with each person as they left the church. For the first time in his young life, little Ben was hopeful. On this particular Sunday, the preacher seemed to be talking right to Ben. He said it didn't matter where you had been; all that mattered was where you were going. Before little Ben knew it, they were praying, and the preacher was at the back of the church. Ben tried to mingle with the crowd and suddenly felt a hand on his shoulder. When he turned, he was looking into the eyes of the preacher.

The young preacher asked the question everyone had wanted to ask publicly for years, "Whose boy are you?" You could have a proverbial pen drop. Then the young preacher smiled and said, "Why it is obvious whose child you are. The resemblance is remarkable. You are a child of God. Now go and claim the inheritance you so richly deserve." Little Ben Hooper later said that was the day he was elected Governor of Tennessee and later re-elected. That day he went from being the son of an unknown father to being the son of a King. That day he was given hope in the future, which gave him the confidence to achieve success.

What changed that day in the church for Ben Hooper?

Glen Clark said, "Our imagination is our most God like quality." Why is this true?

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Day 3

Viktor Seribriakoff

When Viktor Seribriakoff was fifteen, his teacher told him he would never finish school. He should drop out of school and learn a trade. Viktor took the advice and for the next seventeen years he was an itinerant doing a variety of odd jobs. He had been told he was a "dunce" and for seventeen years he acted like one. When he was 32 years old, an amazing transformation took place. An evaluation revealed that he was a genius with an IQ of 161. Guess what? He started acting like a genius. Since that time he has written books, secured a number of patents and has become a successful businessman. Perhaps the most significant event for the former dropout was his election as chairman of the International Mensa Society. The Mensa Society has only one membership qualification, an IQ of 140 or better.

What made Viktor Seribriakoff confident?

What is the difference between being confident and being arrogant?

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Day 4

Recipe for Confidence

The recipe for confidence is one part positive self-respect as seen with Ben Hooper and Viktor Seribriakoff (when their self-respect improved so did their confidence) and one part preparation. Being well prepared means being confident. Study and prepare to take a test and you will be confident even if you stumble on the first few questions.

Bill Walsh became a legend in football coaching by turning the San Francisco 49ers from the worst team in the NFL to winning 5 Super Bowl Championships.

Walsh had one theory. Practice the game. Prepare for every situation.

They scripted the first 10 plays of the game in order to begin the game with the best chance for success. They practiced every situation that might occur during a game so the players were better prepared than their opponent.

Because of his relentless preparation and attention to detail, they were the most confident team in football.

Many of his assistant coaches became successful head coaches (Mike Holmgren, Jon Gruden to name two) by using his formula for success.

To increase your quality of confidence, increase your self-respect by never quitting and spend your time preparing for situations in life.

What do you need to prepare for?

Name situations you would like to have more confidence in and list how to prepare for these situations.

Remember this: The body cannot tell the difference between a real experience and one that is vividly imagined. How does this help you prepare for life situations?

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Day 5

Evaluate Your Week

We've been focused on "Confident" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

If you completed goals, what did you learn?

Write down in complete sentences, something that you learned about "Confident" this week.

Of the three stories, "Ben Hooper", "Viktor Seribriakoff", "Recipe for Confidence", which had the greatest impact on you? Why?

Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M _____ T _____ W _____ Th _____ F _____ Sa _____ Su _____