

My Confidence Builder

4-Week Family Challenge

FOR FAMILIES WITH CHILDREN AGES 4-12



Our Family Information

Child's Name: _____ Age: _____

Date We Started: _____

Step 1: Name Three Specific Strengths

Before you begin, write down three things your child is genuinely good at. Be specific – not "she's kind" but "she notices when her friends are upset and checks in on them."

Strength 1:

Strength 2:

Strength 3:

WEEK 1: Name It & Praise It

This week is about seeing your child clearly and saying it out loud.

- Write your child's 3 strengths on paper and put them somewhere visible in your home
- Use effort-based praise at least once every day – "I noticed how hard you worked on that"
- Replace "You're so smart" with something specific at least 3 times this week
Notice and name one brave moment your child has – tell them you saw it
- Share one of your own strengths out loud with your child

Something I noticed about my child this week:

WEEK 2: Set Goals Together

This week is about giving your child agency over their own growth.

- Sit down together and pick two small, achievable goals for the month
- Let your child choose at least one of the goals themselves
- Check in on the goals each evening at dinner or bedtime
- Celebrate any progress – not just completion
- Write the goals here and post them where your child can see them

Our Goal #1:

Our Goal #2:

WEEK 3: Try Something Brave

This week is about building courage through action.

- Schedule one social challenge – a playdate with someone new, or introducing themselves to someone
- Let your child take a leadership role in one family moment this week
- Try one new activity, class, or club – even just one session to start
- Do the **Bounce Back Story Exchange** (see below) at dinner at least twice
- Celebrate the attempt out loud, regardless of outcome

The brave thing my child tried this week:

WEEK 4: Review & Celebrate

This week is about looking back – and deciding what comes next.

- Look back at Weeks 1–3 together. Ask: "What are you most proud of this month?"
- Share your own answer to that question too
- Check in briefly with your child's teacher: what strengths have they noticed?

- Decide what to continue, what to adjust, and what to try next month
- Repeat the plan next month – confidence builds through repetition, not one-time events

Our biggest win this month:

What we want to work on next month:

This Week’s Family Fundamental: BOUNCE BACK

“Challenges and hard times are a part of life. Reframe every hardship as an opportunity to grow and improve. When life knocks you down, bounce back stronger than ever.”

~ Our Family Culture

The Bounce Back Story Exchange

Take turns at dinner, in the car, or at bedtime. Each person shares a bounce back story – a time something didn’t go as planned, and what they did next.

Conversation starters:

"What’s something hard that happened this week?"

"What did you do when that happened?"

"What does bouncing back feel like for you?"

"Can you think of a time I bounced back from something? What did you notice?"

For younger children (ages 4–7): Keep it concrete and recent. "Today I spilled my coffee and had to clean it up and start over. I bounced back!"

For older children (ages 8–12): Go deeper. "Tell me about a time this week something didn't go the way you wanted. What did you do? What would you do differently?"

The goal isn't to pretend hard things don't hurt. They do. The goal is to make the recovery feel normal – even something to be proud of.

Scripts to Use Every Day

Instead of...

"You're so smart!"
"Be careful, you might fall."
"Let me do it for you."
"You always do that."
"Why can't you be more like..."

Try saying...

"I noticed how hard you worked on that."
"I trust you to figure out how high to go."
"I'll be right here while you try."
"That's not like you – what was going on?"
"Tell me more about how you see this."

Signs That May Warrant Professional Support

Most periods of low confidence are a normal part of development. But if you notice any of the following consistently over two or more weeks, reach out to your pediatrician or school counselor:

- Persistent sadness or hopelessness that doesn't lift
- Anxiety that stops your child from doing everyday activities
- Withdrawal from things they previously enjoyed
- Expressions of worthlessness or thoughts of self-harm
- Significant changes in eating, sleeping, or school performance

Getting support early is not an overreaction. It is the most confident thing you can do as a parent.

