



POWERFUL

FEBRUARY 2026

PROJECT

SELF-RELIANCE

AGES: TEENS/ADULTS

First & Last Name: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

Tip Goal: \_\_\_\_\_

***"Trust yourself. You know more than you think you do."***  
— Benjamin Spock

This quote speaks directly to self-reliance without pressure or bravado. It emphasizes quiet confidence, intuition, and the idea that growth often comes from trusting your inner judgment rather than constantly seeking outside validation.

#### Practicing Confidence in Everyday Life

##### At Home:

Self-reliance at home means contributing without being reminded, managing your responsibilities, and communicating your needs clearly. It's taking ownership of your role in your household and recognizing how your actions affect others.

##### At School or Work:

In academic or professional settings, self-reliance shows up when you take initiative, attempt solutions before asking for help, and follow through on tasks. It also means learning from mistakes and using feedback to improve rather than relying on excuses.

##### With Others:

Self-reliance in relationships looks like setting boundaries, expressing your thoughts honestly, and not depending on others to define your worth or direction. It allows for healthier connections built on mutual respect rather than dependency.

##### In the Dojo:

Self-reliance means committing to the process, training consistently, reflecting on feedback, and taking responsibility for your progress. It's trusting that steady effort leads to growth, even when results take time.

***Choose one of the reflection questions below and respond on the backside of this paper:***

1. In what situations do you tend to doubt yourself or look to others for reassurance first? What might change if you trusted your own judgment a little more in those moments?
2. Can you think of a time when you followed your instincts and it worked out? What did that experience teach you about your ability to rely on yourself?
3. How does self-reliance differ from doing everything alone? Where is the balance between trusting yourself and knowing when to ask for support?