

The link below is a 13 minute video on the skill of self confidence. I would highly recommend everyone watch this video, especially parents, in order to understand that **self confidence** is a skill that needs to be practiced. Many of us don't practice this well enough because when we get frustrated we lose control of our breathing, positive thoughts, and goals. Instead we only focus on the moment and how upset we are that things aren't going the way we like.

Enjoy!

[WATCH HERE](#)