

自信的力量让我成长

记得在小学时，我总是很害羞，不敢在班上举手回答问题，也不敢参加任何课外活动。每当看到同学们获得表扬和奖状时，我内心总是充满羡慕，却又暗自自卑。我不相信自己有能力做到同样的事情，仿佛自信是一种遥不可及的东西。

初中开始，我意识到这种自卑正在限制我的成长。我下定决心改变自己，首先从学习入手。我制定了详细的复习计划，每天按部就班地完成任务，并且主动向老师请教难题。渐渐地，我发现自己的成绩开始稳步提升，那种努力得到回报的感觉，让我产生了前所未有的成就感。

除了学习，我也开始尝试参加学校的各类活动。班级演讲比赛、运动会接力赛、文艺汇演，每一次挑战都让我心跳加速，但我学会了勇敢面对。每一次的参与都让我更清楚自己的能力，也让我体会到合作与努力的乐趣。在这个过程中，我发现自信不只是对自己的肯定，更是面对困难时的一种勇气。

随着时间的推移，我变得更加积极主动，也更愿意表达自己的想法。老师和同学们的认可，让我明白，自信不是与生俱来的，而是在不断尝试和积累中逐渐形成的。我学会了不因一时失败而否定自己，也学会了欣赏自己的努力与进步。

现在，我已经能够坦然面对挑战，无论是在学业还是生活中，我都愿意尝试新的事物。自信给了我力量，让我在成长的道路上勇敢前行。我相信，只要坚持努力、保持积极的心态，每个人都能够收获属于自己的自信与光芒。

The Power of Confidence Helps Me Grow

I remember in elementary school, I was very shy and dared not raise my hand in class or participate in any extracurricular activities. Whenever I saw classmates being praised or receiving awards, I felt both envy and self-doubt. I didn't believe I had the ability to achieve the same things, as if confidence was something unattainable.

When I entered middle school, I realized this insecurity was holding me back. I decided to change, starting with my studies. I created a detailed study plan, completing tasks systematically every day, and actively asked teachers for help with difficult problems. Gradually, I noticed my grades improving steadily. The sense of accomplishment from seeing my efforts pay off gave me an unprecedented feeling of achievement.

Besides studying, I also began to try various school activities. Class speech contests, relay races at sports meets, and art performances—each challenge made my heart race, but I learned to face them bravely. Each participation helped me understand my own abilities more clearly and allowed me to experience the joy of collaboration and effort. In this process, I realized confidence is not only self-

affirmation but also a kind of courage when facing difficulties.

Over time, I became more proactive and willing to express my ideas. Recognition from teachers and classmates made me understand that confidence is not innate, but gradually formed through constant attempts and accumulation. I learned not to deny myself because of temporary failure and to appreciate my own efforts and progress.

Now, I can face challenges calmly. Whether in academics or life, I am willing to try new things. Confidence has given me strength and allows me to move forward bravely on the path of growth. I believe that as long as we persist and maintain a positive mindset, everyone can achieve their own confidence and shine.