

## 从失败到自信，每一步都算数

小刚一直在体育课上缺乏自信。他跑步总是最后一名，篮球也常常投不中，每次比赛后，他都默默地走回座位，觉得自己一无是处。久而久之，他对自己失去了信心，甚至害怕参加集体活动。

有一次，体育老师鼓励他说：“失败并不可怕，重要的是你是否愿意继续努力。”小刚被这句话激励，开始每天坚持锻炼，每次跑步都尝试突破自己的一点点极限。慢慢地，他的速度提高了，篮球命中率也有所提升，更重要的是，他敢于在班级活动中尝试新的挑战。通过这些努力，小刚的自信一点点被唤醒，他开始相信，只要努力，没有什么是不可能的。

在作文结尾中，可以使用总结性句型：“自信来源于每一次努力，每一次尝试都让我们更接近梦想”；感悟性句型：“失败只是暂时的，只要勇敢迈出下一步，自信就会随之而来”；呼应性句型：“从害怕失败的我，到现在勇敢挑战，每一步都算数，每一次努力都让我成长”。

结尾部分应积极、鼓舞人心，并与文章主体形成呼应，让读者能够感受到主人公由失败到自信的全过程。初中生可以通过这样的结尾素材，把自己的努力与成长展现得自然、真实且富有感染力。

## From Failure to Confidence: Every Step Counts

Xiaogang has always lacked confidence in physical education. He always finished last in running and often missed basketball shots. After every game, he would walk back quietly, feeling worthless. Over time, he lost confidence and even feared participating in group activities.

Once, the PE teacher encouraged him, saying, “Failure is not scary; what matters is whether you are willing to keep trying.” Inspired by this, Xiaogang started exercising daily, each time pushing his limits just a little. Gradually, his running speed improved, basketball accuracy increased, and most importantly, he dared to try new challenges in class activities. Through these efforts, Xiaogang’s confidence gradually awakened, and he began to believe that with effort, nothing is impossible.

In essay conclusions, one can use summarizing sentences like, “Confidence comes from every effort, and every attempt brings us closer to our dreams”; reflective sentences such as, “Failure is only temporary; as long as you take the next step courageously, confidence will follow”; or echoing sentences, “From fearing failure to daring to challenge, every step counts, and each effort helps me grow.”

The conclusion should be positive and inspiring, echoing the main body, allowing readers to feel the full process from failure to confidence. Middle school students can use such conclusion materials to naturally and authentically show their efforts and growth in essays.