

Believe in Yourself



Reflect and Respond

- I Imagine that you are the person in the image.
 1. What emotions do you feel standing at the base of a difficult task?
 2. What might make you take the first step?
- II Think about a time when you had to face a challenge.
 1. What was it, and how did you feel at the start of the journey?
 2. How did you feel once you made the decision to move forward?
- III What does the phrase 'believe in yourself' mean to you? Write some words or phrases you associate with believing in yourself.
- IV Select the correct meaning of 'status quo' based on the given sentence.

Even though some kids wanted to try new activities, most of them were happy with the status quo and didn't want any changes.

 1. A plan to make things more exciting.
 2. A situation to keep things the same.
 3. A decision where everything is completely different.
 4. A choice to change things quickly without thinking.





Reading for Appreciation



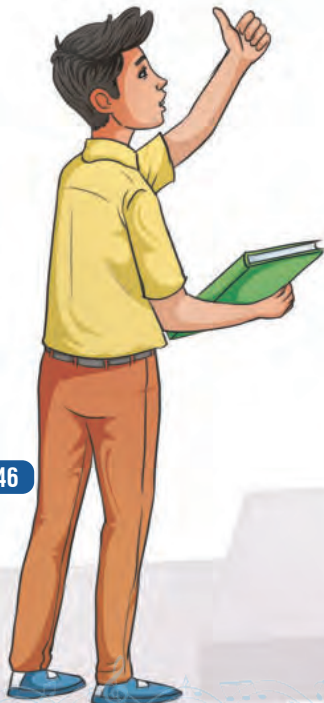
Step up to the challenge
There is no crowd to see,
It's just you and the future
And where you want to be.

Will it pull you forward
Or push you back in fear?
Difficult are choices
When the future is getting near.

There is such ease in comfort
To maintain the status quo,
But this isn't what we are made for
This isn't how we grow.

The first step is the hardest
There is no turning back,
You just need to believe in yourself
For your future to be on track.

ROBERT LANGLEY





Check your Understanding

- I Based on your understanding of the poem, select the correct central idea for each stanza from the options given.

Stanza 1

- (i) Facing challenges requires personal responsibility and a clear focus on one's future.
- (ii) Facing challenges is a journey best taken with support and guidance from others.

Stanza 2

- (i) Fear and uncertainty make it difficult to make choices as the future approaches.
- (ii) Facing the future with confidence makes choices easier and more straightforward.

Stanza 3

- (i) Personal growth involves finding balance between comfort and change.
- (ii) Personal growth requires leaving behind comfort and embracing change.

Stanza 4

- (i) The first step towards change may feel easy if you place your trust in others to guide you and provide support.
- (ii) The first step towards change is difficult, but having self-belief and confidence helps you stay on track.

II Rhyme Scheme

Fill in the blank to complete the following sentence.

The poem follows a simple, yet effective rhyme scheme _____ that flows steadily through each stanza.

III Tone

State whether the following statements are true or false.

1. The overall tone of the poem is motivational and encouraging.
2. The tone shifts from thoughtful in the beginning to one of determination by the end of the poem.



IV Speaker

Fill in the blanks with the correct options from those given in the brackets.

The speaker in this poem is not distant; rather, he/ she comes across as a _____ (stranger/guide) who understands the struggle and is encouraging the reader to take _____ (interest in/control of) his/her own future.

The use of direct address 'You' creates a close connection, as though the speaker is _____. (talking directly to the reader/addressing the reader from a distance)

V Imagery

Match the phrases from the poem in Column 1 with the imagery they represent in Column 2. An extra representation is given.

Column 1	Column 2
1. There is no crowd to see...	(i) Represents the difficulty of beginning a new challenge or change.
2. push you back in fear?	(ii) Suggests a solitary journey, stressing individual effort.
	(iii) Evokes the mental barrier that prevents growth.

VI Symbolism

Select the words/phrases from the box below to complete the given sentences.

unknown self-improvement courage
leap of faith stagnation



1. Comfort and the status quo represent _____ and fear of change, symbolising the comfort zone that holds one back.
2. The future symbolises the _____, the potential for change and success that lies ahead but requires _____ to step into.
3. The first step symbolises the initial _____ required to begin the journey of _____ or personal development.

VII Metaphor

The poet uses a metaphor in the line, 'The first step is the hardest'. Explain why this is metaphorical.

VIII The poem uses antithesis in a couple of lines.

Antithesis is a rhetorical device that pairs contrasting or opposite ideas in a parallel grammatical structure to highlight differences or create emphasis. It simplifies complex ideas through contrast, making them easier for readers or listeners to understand.

Consider the famous quote from Neil Armstrong when he stepped onto the moon:

“Setting foot on the moon may be a small step for a man, but a giant leap for mankind.”

Here, the antithesis lies in contrasting the ‘small step’ for an individual with the ‘giant leap’ for all humanity. The parallel structure of the two phrases highlights the incredible significance of this event, presenting it as both a personal and massive achievement.

Other examples:

- Speech is silver, but silence is gold.
- Patience is bitter, but it has a sweet fruit.
- Man proposes, God disposes.

Identify the lines from the poem that show antithesis and explain why it is so.





Critical Reflection

I Read the extract given below and answer the questions that follow.

1. *Step up to the challenge*

*There is no crowd to see,
It's just you and the future
And where you want to be.*

(i) What does the line, 'There is no crowd to see' suggest about facing challenges?

(ii) Complete the following suitably.

The line 'It's just you and the future' suggests that _____.

(iii) Fill in the blank with the appropriate word/phrase from the extract.

Latha will _____ her efforts to improve her vocal performance by practicing harder each day.

(iv) Select the most suitable title for the extract.

A. The Struggles of Change

B. Facing the Future Alone

C. A Journey of Growth

D. The Power of Fear

(v) Complete the analogy by using a word from the extract.

achieve: goal :: face : _____

II Answer the following questions.

1. What is the significance of the metaphor, 'The first step is the hardest' in the context of personal growth?

2. What message does the antithesis in the poem convey about the nature of personal development?

3. Do you think the poet's message is realistic in the context of real-world struggles? (Clue: Evaluate whether simply 'believing in yourself' is enough to overcome obstacles or other factors are also necessary.)



4. Consider a situation where you or someone you know had to take a difficult first step towards a goal. How does the poem's message about the importance of self-belief apply to this situation?



Vocabulary in Context

I The phrase 'status quo' is a Latin expression that translates to 'the state in which' or 'the existing state of affairs.' Over time, it has become a popular term used in English to refer to the current situation or condition, especially when things remain unchanged.

There are other Latin terms commonly used in English. Read a few given below along with their meanings.

Latin expression	Meaning
1. et cetera (etc.)	And other things; and so on
2. exempli gratia (e.g.)	For example
3. ad hoc	For a specific purpose or situation, often temporary
4. in media res	Into the middle of things; starting at a crucial point of the story or situation
5. per se	By itself; fundamentally
6. quid pro quo	A favour or advantage given in return for something

Now, fill in the blanks in the given sentences with the Latin expressions used in English from the table.

- (i) I enjoy reading fantasy books, _____ Harry Potter and Magical Paint Brush.
- (ii) After helping Tanya with the homework, Ritu asked for a _____ to borrow her notes next time.
- (iii) I love all kinds of outdoor activities, such as trekking, hiking, biking, _____.



- (iv) The park is not very special _____; it becomes more fun when you visit with friends.
- (v) We created an _____ team to organise the school festival.
- (vi) The movie started _____, with the hero already fighting the villain in a huge battle.

II The line , ‘Will it pull you forward/or push you back in fear?’ is a rhetorical question.

A **rhetorical question** is a question that doesn’t require an answer because it is used to make the reader think or reflect on a particular idea.

1. Read the following rhetorical questions and state what they intend to achieve.
 - (i) Isn’t it obvious that we must act now? Don’t we all have a responsibility to make a change?
 - (ii) Will we let fear control us, or will we rise above it?
2. Match the situations in Column 1 to the rhetorical questions in Column 2.

Column 1	Column 2
(i) Deciding whether to stand up for what is right	A. How can we ever grow if we never try anything new?
(ii) Owning up to a mistake made in a group project	B. Isn’t it better to admit our mistakes than to let them define us?
(iii) Deciding whether to try something challenging, like public speaking	C. If I don’t take responsibility now, when will I?
(iv) Choosing between two career paths	D. Can I really move forward without knowing which path to take?



(v) Deciding whether to apologise for a mistake	E. What's the point of playing it safe if it means staying stuck?
(vi) Trying something new and stepping out of your comfort zone	F. How can we stay silent when we know what is right?



Listen and Respond

- I You will listen to a conversation between two friends. As you listen, answer the following questions in one to three exact words that you hear. (Transcript for teacher on page 275)
1. How did the boy feel before the play ?
 2. According to the girl, where does confidence come from?
 3. What was the girl finally sure about regarding the boy?
- II You will once again listen to the conversation. As you listen, select the four true statements from 1–7 given below.
1. The boy feels confident but is worried about freezing on stage.
 2. The girl encourages the boy to push through his doubts by trusting in his preparation.
 3. The boy thinks that the audience will be supportive regardless of his performance.
 4. The girl believes that self-doubt is a normal part of preparing for a big performance.
 5. The boy feels that his preparation is not enough and doubts his abilities, even though he has practiced.
 6. The girl suggests that the boy should avoid feeling nervous and perform perfectly.
 7. The girl believes that pushing through nervousness will help the boy grow and build confidence.





Speaking Activity

- I Work in pairs. Read the three Sayings/Proverbs given below. For each one, think of a real-life situation where it could apply. Do the suggested role play and use the Saying/Proverb.

Remember:

- Before diving into a real-life situation, briefly explain the meaning of the saying.
- Describe the situation in the following way—
 - Introduction: Briefly explain the saying.
 - Situation/Example: Share a personal story or relate the saying to something familiar.
 - Conclusion: Reflect on what the saying teaches or what you learned from the experience.
- For the role-play, work in pairs to create the dialogues first and then enact. Take turns to choose your sayings/proverbs.

Sayings/Proverbs

1. Don't judge a book by its cover.
 - Situation to consider: Have you ever misjudged someone based on their appearance or first impression? What happened?
 - Role-play: One student acts as someone who judges others based on their looks or first impressions. The other student plays someone who shows the true personality after a deeper conversation, proving that appearances can be deceptive.
2. Actions speak louder than words.
 - Situation to consider: Think of a time when someone's actions proved more valuable than their words.
 - Role-play: One student talks about how they will improve their grades, and the other shows how they actually put in the effort. Compare the impact of talking versus doing.



3. When the going gets tough, the tough get going.
- ❁ Situation to consider: Can you think of a time when you faced a difficult challenge but didn't give up?
 - ❁ Role-play: One student plays someone who is giving up on a tough school project, while the other encourages that student to keep going. Show how perseverance leads to success despite difficulties.



Writing Task

- I Your class is conducting the morning assembly. You have been asked to deliver a speech on the topic, 'Turning Challenges into Opportunities'. Draft this speech by following the guidelines given below.
- ❁ Opening paragraph: Greet the audience and introduce yourself. Begin with a quotation, a question or a surprising fact. State the purpose of your speech and provide an overview of what you will be talking about.
 - ❁ Paragraphs 2 and 3—Body of the speech: Divide the body of your speech into two paragraphs, each focusing on a different main point or idea. Use transition words, anecdotes, statistics, and other supporting evidence to strengthen your points.
 - ❁ Concluding paragraph: Summarise the main points of your speech. End with a statement that leaves a lasting impression on the audience and convey your thanks.
 - ❁ Use formal language to present ideas clearly
 - ❁ Use persuasive tone—don't you agree.../..., isn't it?

Refer to the guidelines given below.

- ❁ Consider how challenges can lead to new learning experiences, growth, or unexpected benefits.
- ❁ Why do you think people often feel scared or anxious when faced with change?
- ❁ How can change open doors to new opportunities? Can you think of an example from your own life or someone you know?



- What are some strategies or attitudes you can adopt to approach change with a positive mindset?
- Think about how facing challenges builds skills, determination, and confidence, all of which are essential for success.



Learning Beyond the Text

- I Explore the stories of Indian leaders who faced significant challenges and turned them into opportunities for success.

For example:

1. **Dr. B. R. Ambedkar**

At school, Ambedkar suffered untold humiliations and discrimination but he never gave up.

It was for sheer grit, hardwork, and perseverance that he went on to study Politics and Economics. His self-motivation proved to be a life-changing event not only for him but also for the nation. He is known as a great jurist, economist, and social reformer.

He rose to become the Chairperson of the Drafting Committee of the Constitution of India.

2. **Lal Bahadur Shastri**

He endured many hardships throughout his life. His father passed away when he was just a year and a half old, leaving the family in financial distress. Despite the challenges, he remained committed to his education, often walking several miles barefoot to attend school, even in extreme weather. After graduating from Kashi Vidyapeeth in Varanasi, he was honoured with the title “Shastri,” meaning scholar.



Deeply involved in India's freedom movement, Shastri was imprisoned multiple times alongside other freedom fighters for his active participation. Following India's independence, he dedicated himself to the progress and unity of the nation. Through unwavering determination and sincere efforts, Lal Bahadur Shastri rose to become the Prime Minister of India, leaving a legacy of humility, service, and patriotism.

3. **Dr. APJ Abdul Kalam**

Kalam's family faced financial difficulties, which made it hard for them to support his education fully. To help with his school expenses, Kalam took on a job delivering newspapers early in the morning. He would wake up before dawn, distribute newspapers across the town, and then head to school.

This job was more than just a way to earn money; it was a valuable learning experience for Kalam. Through this work, he learnt the importance of hard work, perseverance, and managing responsibilities. It also gave him a sense of independence and taught him the value of hard work.

He was a renowned scientist, also known as the 'Missile Man of India'. He rose to become the 11th President of India.

Now, find out about such personalities from your village, town, city, or state and present their success stories in class.



Always Believe in Yourself

Always believe in yourself.
Do not limit yourself.
Be kind to yourself
And always believe in all that is good.

You have all the intelligence and ability that you need.
You can attain whatever you are after.
Even though it may not always come the way you
believe it should.
Be ready to achieve your dreams.

Believe in yourself when you're tested beyond
your endurance, continue and persist.
Hold on to courage.
Let laughter and encouragement surround you.

The world has much to give;
Always think big,
And keep your hands and heart open
For then you will receive
All of life's gifts.

DOROTHY HEWITT

