

Brainstorming Ways to Improve

Identify a challenge you are likely to face in the upcoming week. Then, brainstorm strategies that you could use to increase your confidence in overcoming the challenge.

Using the guiding questions below, reflect daily to determine if you are putting forth effort and making progress, as well as how the self-efficacy strategies you are using are impacting your ability to complete a challenging task.

1. Am I putting forth effort to complete the task? How do I know I am putting forth effort?
2. Am I making progress? How do I know I am making progress?
3. How are the self-efficacy strategies I said I would use increasing my confidence that I can complete the task?
4. What other self-efficacy strategies could I try this week to increase my confidence in completing the challenging task?