

Remember Hard Things I've Done (Secondary)

Have you ever learned to do something that was really hard? Maybe you learned to drive, wrote a research paper, or drew a beautiful landscape. You've learned to do many things that were once very difficult for you. Another strategy for building strong self-efficacy and increasing the belief that you can do hard things is to ***remember the hard things you have done***. When you think about things you've learned and the actions you took to learn them, you can apply that knowledge toward learning new things. This will help you believe you can do hard things.

Think about some challenging things you've learned to do this year. Now think about how you learned to do them. Did you practice over and over? Did you ask others for help? Did you put in lots of effort even though you were making mistakes? Think about what helped you succeed. Then think about the similarities between those hard things you already learned and hard things you need to learn. Can you do similar things to keep trying and learning? Yes, you can! You can ***remember hard things you have done***. Your ability will grow with your effort, just as it has in the past. The next time you are working on learning something really difficult, think about the hard things you have done before to help you keep learning new and difficult things.