

Exercise sheet for chapter 15: How to build self-efficacy

Sentence completion exercise on self-concepts: Complete the following sentences in writing: "Self-awareness means for me ...", "Self-confidence means for me ..." and "Self-worth means for me ..."

Reflect on the concepts of self: Consider how closely your own ideas of self-awareness, self-confidence and self-worth match the definitions described in the book chapter and where they differ.

Analyze lack of self-efficacy: Think of a situation in which you did not feel self-efficacious. Make a note of what specific skills or behaviors you lacked and what steps you could take to develop them and be more successful in the future.

Identify and develop islands of competence: Think about which islands of competence you have already built up and which you are still missing in order to achieve your goals. Write down specific measures to expand your learning zone and develop the missing islands of competence. Get an overview of your islands of competence by identifying what you are already good at (comfort zone), what you still need to practise (learning zone) and what is currently overwhelming you (panic zone).

Reflect on feedback from caregivers: Think about the feedback you have received from your caregivers recently. Has it been mostly constructive or discouraging? Think about what kind of feedback helps you to strengthen your self-efficacy and what kind you should reject in the future. Write down steps to specifically seek constructive criticism and minimize negative influences.

If my team and I can help you, contact us for a free introductory call and find out what we can do for you:

[MasterYourLifeScript.com/call](https://www.masteryourlivescript.com/call)