

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: HOW TO BUILD SELF-EFFICACY



Do you want to be a self-esteem superhero? Learn how to build self-efficacy.

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." - Hellen Keller

When we believe in ourselves we have the power to succeed without doubt weighing us down. It takes courage to have self-efficacy. It can be scary to give ourselves a pat on the back or encouragement if it is something new for us. Courage is doing something anyway even in the face of fear. Showing courage helps us try new things, be ourselves, and build our confidence!

Self-efficacy can help children succeed in school when they feel they have the tools to reach their goals. It is applicable in the workplace when you have a project you think you will never be able to finish. When you think about your own self-efficacy you want to recognize, your internal resources, strengths, and abilities that lead you to success. With self-efficacy some recognize that you don't always have to be perfect. The act of attempting a difficult task, while simultaneously believing in yourself is the important part.

Practice Courage Today:



1. THINK OF SOMETHING YOU NEED TO GET DONE TODAY OR IN THE NEAR FUTURE THAT YOU MIGHT FEEL HESITANT OR NERVOUS ABOUT COMPLETING.
2. USING A PEN AND PAPER OR ELECTRONIC DEVICE, MAKE THREE COLUMNS, LABEL ONE "TASK," TWO "MY RESOURCES," AND THE THIRD "STEPS TO GET THERE."
3. WRITE DOWN THE TASK YOU THOUGHT OF IN THE FIRST COLUMN.
4. IN COLUMN TWO FOR RESOURCES, LIST ALL OF YOUR STRENGTHS AND INTERNAL RESOURCES YOU HAVE TO GET THAT TASK DONE.
5. IN COLUMN THREE CONNECT THE STRENGTHS OF ACTION STEPS YOU NEED TO GET YOUR PLAN COMPLETED. CELEBRATE YOUR ABILITY TO COMPLETE THIS TASK!



Parent Practice Tip:

Make self-efficacy a continued conversation! Anytime your child expresses doubt, remind them of their self-efficacy. In times where they let their self-esteem shine praise them for that also!

To Learn More:

What is Courage?

Ways To Build Self-Efficacy

How To Teach Children to Build

Self-Efficacy

www.ChooseLoveToThrive.org