

Jedi Mind Tricks - Self-Efficacy Guide

“The belief in one’s capabilities to organize and execute the courses of action required to manage prospective situations.”

#Thriveinmylife -> Thriving together in work, life and play.

<p>5 intentions to make 2017 successful?</p>	<p>5 things you did well in 2016?</p>
<p>Who are your role models / mentors?</p>	<p>What encouraging things do people say about you?</p>

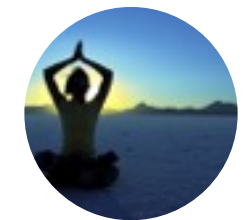
Financial & Business



Leadership & Learning



Play, Spirituality & Health



Giving Back & Community



1

Perceptions are what shape experience. Snap out of negative and self-defeating patterns

2

Define it. What is most important to you right now?

3

The working brain can carry at most 7 things at a time. Set aside time to plan every week.

TAKE FIVE MINUTES TO WRITE OUT YOUR WORRIES & DOUBTS IN ONE COLUMN. ON THE OTHER SIDE WRITE WHAT YOU KNOW IS TRUE NOW. COMPARE.

Increase Your Self-Efficacy

Performance accomplishments:

The experience of mastery influences your perspective on your abilities. Successful experiences lead to greater feelings of self-efficacy.

Vicarious experience: Observing someone else perform a task or handle a situation can help you to perform the same task by imitation, and if you succeed in performing a task, you are likely to think that you will succeed as well, if the task is not too difficult.

Verbal persuasion: When other people encourage and convince you to perform a task, you tend to believe that you are more capable of performing the task. Constructive feedback is important in maintaining a sense of efficacy as it may help overcome self-doubt.

Traits individuals with HIGH Self-Efficacy

People with high efficacy beliefs may **approach difficult tasks as challenges to be mastered rather than see the all the limitations.** This approach may foster in intrinsic interest in activities. They set themselves perfectly challenging goals and maintain strong commitment to accomplish them.

They sustain their efforts in the face of failure, and they attribute failure to insufficient effort or deficient knowledge and skills that are achievable. **They quickly recover their sense of efficacy after failures or setbacks.**

Self-efficacy beliefs begin to form in early childhood as the child deals with a variety of experiences, tasks and situations.