

BE UNSTOPPABLE

COACHING



Building Self-Efficacy

Tool and Worksheet



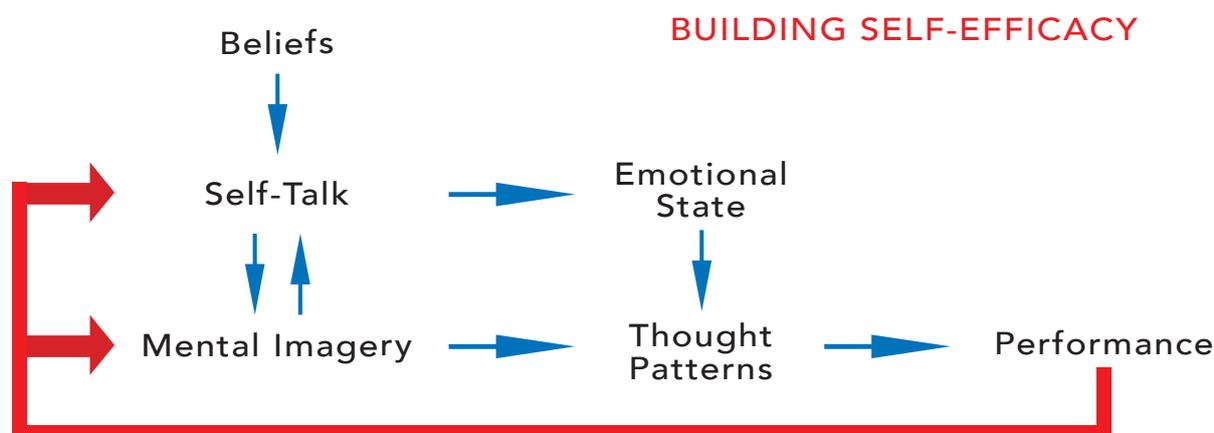


Building Self-Efficacy

Self-efficacy is a concept developed by psychologist, Albert Bandura in 1977. Self-efficacy is a personal judgement of how well one can execute a task or action, required to achieve or resolve something. In essence, self-efficacy is our belief in our own ability to achieve our goals.

Building self-efficacy is crucial to peak performance in all life areas and goal achievement, as it is so powerful in its impact on cognition (how we think), our levels of motivation to pursue and achieve our goals, and the effect on our decisions and actions. Building self-efficacy and adding visualisation or 'mental imagery' of the positive end result one seeks, helps an individual to embed the confidence in themselves to act and execute what is required to make the mental image a reality.

Mental imagery is done by using all the senses (internal sight, with eyes closed), activation of smell, hearing, feeling and taste (if applicable), to vividly and controllably see the picture of what the individual wants to achieve.



Building self-efficacy is achieved through four main areas:

1. Experience: learning gained over time, overcoming obstacles, having some success.
2. Modelling: learning from people who are successful.
3. Support: verbal support and encouragement from coaching and other people.
4. Physical Awareness: assessing the physiological reactions to actions, and assigning them motivating and energising meaning. For example: sore muscles at the gym means a great workout and progress (energizing vs debilitating meaning).



Answer the following questions to help you develop a plan for building self-efficacy!

What life area are you wanting to develop self-efficacy in?

What goal are you working on?

Describe the mental image you see of the 'achieved goal' – What does the end result look like?

What skills and experience do you have from past achievements that you can use for this goal?

Who are the role models that do well in this area? What do they do?

How can you incorporate what you can learn from role models in your thinking and actions?



What support do you have to achieve this goal? Who are these individuals?

What can these people do or say to help you strengthen your self-efficacy even more?

What do you physically notice within your body when working in this goal?
What does it mean to you?

What empowering and energising meaning can you give the physical symptoms you feel?

What else do you think could help you build self-efficacy?



Building Self-Efficacy ... Action Goals

What action goals are you going set to help you build self-efficacy? Take into consideration what you have learnt regarding how self-efficacy is built using the four main areas, as well as reflect on the insights gained by completing this worksheet. List at least three goals that will be developed into action steps daily, to build your self-efficacy.

Remember that 'self-efficacy is our belief in our own ability to achieve our goals', which is crucial for all people to be confident and achieve anything they desire.

GOALS

ACTION STEPS