

# Self-Efficacy Reflection Worksheet

## How to Use This Worksheet:

1. Pick a life area in which you have a strong sense of confidence. It could be your career, your studies, your friends, your family, your favorite sport or activity, a position of leadership, or a pastime.

Focus Area \_\_\_\_\_

2. Then, take particular note of the numerous tasks that must be completed in this area for you to succeed. (e.g., problem solving, communication skills, presentation abilities, time management, planning & strategy, computer proficiency, creativity, negotiation skills, task completion, etc.).

## Tasks to Complete

Tasks	A,B,C	Tasks	A,B,C	Tasks	A,B,C

3. Concentrate on the **three or four** tasks that will have the **most** impact on your success as a whole. Next, rate your level of confidence in your ability to complete the tasks you identified by placing A, B, or C in the column to the right of the most impactful tasks, using the following statements.
  - A. At the very least I complete this task.
  - B. I fulfill this task to my standards and the standards of others.
  - C. I am excellent at completing this task.
4. Review your answers for self-reflection and improvement.
  1. Where are you most happy with your performance?
  2. Where can you improve?
  3. Is there a task or tasks that come easy to you?
  4. How can you improve in other areas?

