

### My Sources of Self-Efficacy Activity Sheet



**Mastery:** Something you once found challenging but are now able to do really well (e.g. driving a car, riding a bike, remembering stuff for college)

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**Seeing someone else master a skill:** Name some one who you have seen master a challenge. What was the challenge and how did they do it?

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**Verbal persuasion:** Think about others around you who acts mentors. What things do they say to you to help you believe in your own abilities? What works best for you?

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