

Building Confidence with Self-Efficacy

Linked to Case Study 2: The Graduate Starting Out

Step 1 – Your Evidence List

Write down 3 challenges you've overcome in the past:

1.

2.

3.

Step 2 – Strengths You Used

For each challenge, list the personal strength that helped you (e.g. persistence, creativity, empathy).

Step 3 – Small Steps Forward

- Think of one current situation where you're holding back.
- What small, specific action could you take this week to show up more fully?
- How will you celebrate when you do it?