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The beliefs we hold about our ability to deal with adversity, accomplish tasks and reach our goals can have a strong influence on how we feel, think and act.

TRAINING YOUR **inner voice**

Self-efficacy is the belief in our ability to succeed and achieve our goals. Not only does this impact how we feel about ourselves, but it can also influence our self-confidence and willingness to try (and keep trying).

When we have a strong sense of self-efficacy, we view challenging situations as something we can overcome and we recover quickly from setbacks. We are also more likely to have a stronger sense of well-being.

For those working in the education sector, this sense of efficacy is especially important because it can influence and impact students. Educators with higher efficacy are more adept at creating healthy learning environments. Confidence is contagious!

The great news is self-efficacy is a skill we can all foster and strengthen in our day-to-day and impacts all areas of our lives.

YOU'VE GOT THIS!

Ready to start exercising your self-efficacy muscle?
Try out these simple tips to build your skills.

SUPPORTIVE SELF-TALK

Tune in to how you talk to yourself by journaling, reflecting, and shifting any negative inner chatter to reassuring, kind and supportive positive talk.



GET INSPIRED

When facing a personal challenge, speak with people you identify with for support and encouragement. Their journey can be inspiring and can prove success is within reach—even if it is different than you envisioned, you may discover something you haven't thought of before.



RECALL YOUR PAST SUCCESSES

Reflect on a time you were successful: this can help to increase self-efficacy. Think about the traits, skills, or strengths you applied that helped you reach your goals.



GIVE YOURSELF PATS ON THE BACK

Build your self-efficacy by celebrating the small successes you accomplish day-to-day in a tangible way. Growing is not a simple feat. It can take time, energy and persistence.



Wellness Tip

Have you heard of Eddie the Eagle—the famed 1988 Olympic Ski Jumper who won the hearts of millions with his determination and spirit?

Watch the video to hear Eddie "The Eagle" Edwards talk about his experiences to get inspired by his story of success!



Self-Care Tip

Develop a positive self-talk habit!

Visit [verywellmind.com](https://www.verywellmind.com) and search 'how to use positive self talk' to read an article with ideas on how to do just that.

SOURCES

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