

THE POWER OF RESILIENCY SELF-EFFICACY RESOURCE

Use these questions to recognize and build self-efficacy, or “fill your self-efficacy backpack”

What Are My Core Values?

What Motivates Me?

What Knowledge, Skills and Abilities Do I Have?

What Past Experience Do I have With Adversity?



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Who Can I Support?

What Material Resources do I Have?

What Can I Create?

