


Self-Efficacy Reflection Journal

 *A guided tool for building confidence and reinforcing strengths*

What is Self-Efficacy?

Self-efficacy is a person's **belief in their ability to succeed**. In Motivational Interviewing (MI), strengthening self-efficacy is essential because peers who **believe they can make a change are more likely to follow through**. This journal helps peers reflect on their strengths, past successes, and personal growth to build confidence in their ability to change.

 **Key Insight:** The more a peer recognizes their strengths, the more motivated they will be to take action.


Step 1: Identifying Personal Strengths

✓ **What are three qualities that help you overcome challenges?**

1. _____
2. _____
3. _____

✓ **What is something difficult you've accomplished in the past?**

✓ **How do others describe your strengths?**

 **Pro Tip:** If you struggle to identify strengths, think about **times when you've helped others or shown resilience**.

Step 2: Recognizing Past Successes

✓ Describe a time when you set a goal and achieved it.

✓ What strategies helped you succeed in that situation?

✓ What did you learn about yourself from that experience?

💡 **Pro Tip:** Even small successes matter—**progress is built on small, consistent steps.**

Step 3: Reframing Challenges into Opportunities

✓ Think of a time when you faced a setback—what did you learn from it?

✓ What strengths did you use to get through a difficult time?

✓ How can you apply those strengths to a current challenge?

💡 **Pro Tip:** Mistakes and challenges are part of growth—**each setback teaches you something valuable.**

Step 4: Looking Toward the Future

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✓ **What is one change you are considering making in your life?**

✓ **On a scale of 1-10, how confident do you feel about making this change?**

__/10

✓ **What would help increase your confidence by just one point on that scale?**

✓ **What is one small step you can take toward this change this week?**

💡 **Pro Tip: Confidence builds with action—focus on what you CAN do today.**

Final Reflection

✓ **What is one key insight you gained from this exercise?**

✓ **What affirmation or message do you want to remind yourself of moving forward?**

✓ **How will you continue strengthening your belief in yourself?**

💡 **Final Thought: Self-efficacy grows when you recognize your strengths, reflect on past successes, and take small steps toward your goals.**

🔄 **Use this journal regularly to reinforce confidence and motivation!**

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