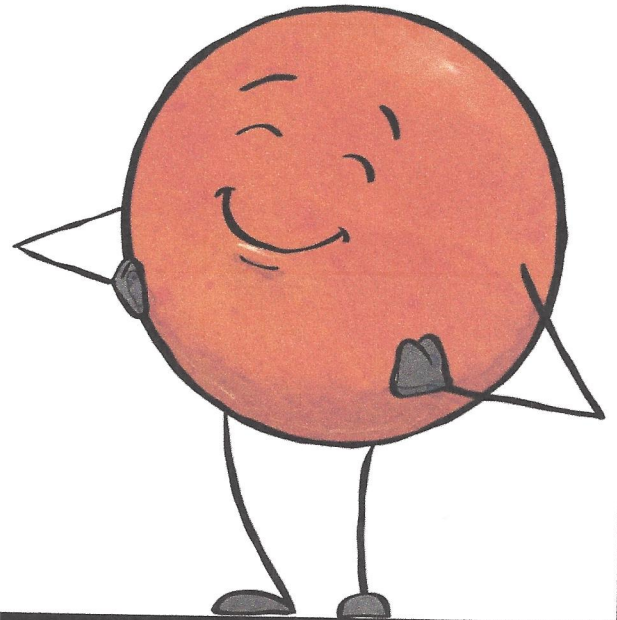
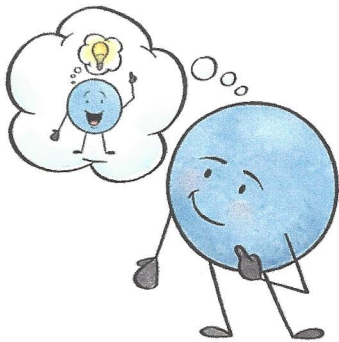


# WHAT IS self efficacy?

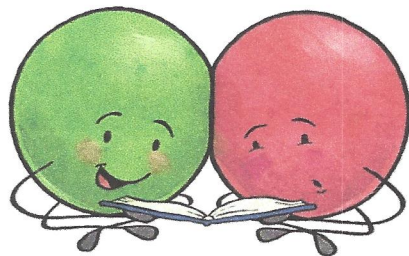
*Definition:*  
Your **belief in your ability** to do things or achieve a goal



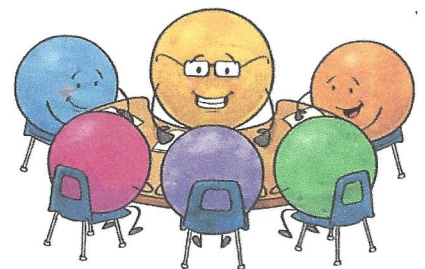
## HOW DO I DEVELOP self efficacy?



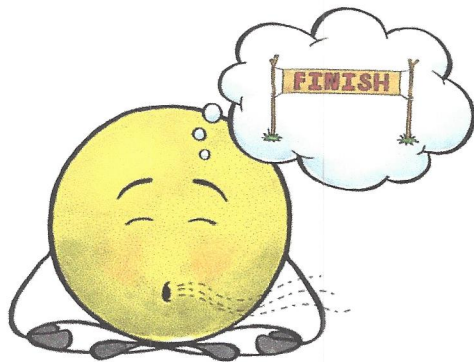
Learn from past experiences



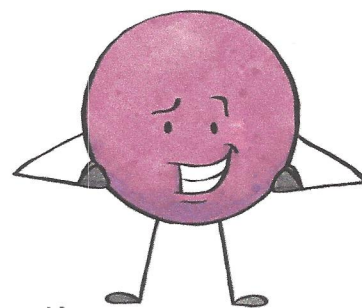
Learn by observing others



Feedback from others with experience



Imagining success



Emotions connected to actions