



MODULE 4 WORKSHEET | TAKING ACTION AND PUTTING IT ALL TOGETHER

Success with pursuing our goals typically follows a pattern with lots of ups and downs, but a gradual improvement over time. A good way to reduce the impact of setbacks on our emotional experiences is to have a back-up plan of strategies to use when they occur. There are many different strategies we have been learning to help manage our emotions. Setbacks can serve as an opportunity to put the skills that you have learned into practice, learn new skills, or adjust your goals. It is also important in these times to remind yourself of the positive qualities you have built, and to celebrate your wins.

1. Which of the following is not a quality typically associated with high self-efficacy?

- a. Being willing to tackle new challenges.
- b. Being able to “bounce back” relatively quickly after failing at something.
- c. Dwelling on your negative personal qualities.
- d. Having confidence in yourself to complete a given task.

2. Describe three attributes that you like in other people, but also have yourself.



3. Describe a time when you overcame a tough situation or challenge. What positive quality or qualities does this convey about you?

4. Identify a goal you currently have. Using SMART principles, describe how you could approach this goal by breaking it up into smaller goals.

Specific, Measurable, Achievable, Realistic, and Time-Bound

*The way we respond in a given situation
can change the emotions we experience.*

