Three things.

Keep a track of three things on a regular basis and how they made you feel. This will assist in improving your skills in self efficacy.

What three things have you done in the past week that you did well?

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____________________________________________________________________

____________________________________________________________________

How did these make you feel?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

List three things you have completed in the past few months that other people have noticed?

____________________________________________________________________

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____________________________________________________________________

How did these make you feel?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________