

Embrace the Challenge! Moving Away from Self-Doubt to Self-Efficacy

Secondary Lesson

When faced with a challenge, our minds can often be filled with negative thoughts that don't support us through the difficult situation. When this occurs we can follow the three steps below, to change our thoughts into more constructive and supportive statements.

1. Observe - Pay attention to your thoughts when challenges arise. Notice what comes up for you.
2. Identify - Decide if these thoughts are helpful or hurtful in accomplishing the challenging task or situation.
3. Reframe - Change the limited belief into a statement that will support you.

Directions: In the space below, practice going through the 3 steps based on a past situation that felt challenging.

Observe - Describe the challenge and observed thoughts:

Identify - Were the thoughts above helpful or hurtful with your challenge?

Reframe - Change your thoughts into words that will support you.



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