**Dr. Neal Sports Psychology**

**Self-Efficacy Self-Reflection Questions**

Several self-reflection questions are included here, based on the pioneering work on the topic of self-efficacy (a specific strength of belief) by Stanford psychologist Dr. Albert Bandura, beginning in the mid 1970s. These questions are designed to raise your confidence as you review your accomplishments, recall positive feedback, resolve to mirror and model your athletic heroes, and listen to reminders of your capabilities.

1. What has been the biggest challenge to date that you have overcome in your sport, and how did you overcome it? Examples include bouncing back from a major injury, busting out of a slump, or completing your first marathon or triathlon.
2. Describe your greatest sports performance to date. Spend a few minutes reliving the glory and impressive moments from this performance in vivid color. What helped you make it over the top? What were your thoughts and feelings during the game, match or race?
3. What are three of your signature strengths or attributes as an athlete? Be honest, but don’t be modest in answering this question. Examples include work ethic, mental toughness, and focus.
4. What are three compliments you have received from others that made you feel really good about yourself? Examples include a coach describing you as the hardest worker on the team, opponents saying you were their toughest competition, or a teammate calling you a warrior on the field.
5. Who in your life wouldn’t be surprised to see you overcome the challenge before you now and/or accomplish your biggest goal? Examples include your mother, father, sibling, grandparent, coach, teammate, professor or friend.
6. What are three awards or accomplishments that you have earned? Examples include an individual or team trophy, an athletic scholarship, or a personal best in your performance.
7. Identify three athletic heroes or role models (currently or from childhood) that you can mirror or mimic when you need a confidence boost during a challenging situation. Perhaps your favourite player battled through on-the-field adversity by showing tremendous resolve when he or she played. Remember that if you can spot the greatness in others, then you already have some of that greatness in yourself.