

## FIVE STEPS TO ATTRACT GREATNESS AND SELF-EFFICACY ACTIVITY

The first step to healthy self-efficacy is to *intentionally* increase self-knowledge and positive attraction. Therefore, healthy self-efficacy is a SMARTER habit—not a feeling. It starts with knowledge of what positively (FLOW) or negatively (Hijack) influences self-acceptance and respect. Next, listen to your body, emotions and thoughts. All provide clues about your self-efficacy. Listen, and then inquire, “*What do these cues say about my competence and confidence to cope with life’s challenges?*” Trust your gut about what these cues are telling you. Then inquire, “*What strengths, abilities or SMARTER skills can help me manage this challenge or story differently?*”

You are educated when you have the ability to listen to almost anything without losing your temper or self-confidence. —Robert Frost

### 1. Body Awareness

Self-efficacy is signaled through your body—you just need to listen. Notice physical cues, such as shortness of breath, neck, shoulder, or back pain, a queasy stomach or a recurring headache. What are these cues saying about your confidence and capability to manage the situation *now*?

### 2. Emotions – Who is Your Gremlin?

As mentioned in Chapter Two, our emotional brain directly impacts how we think and act. Signals from your emotional brain may include anxiety, fear, sadness, panic, anger and happiness. Remember, your brain is wired to *react* when you feel threatened—whether that threat is real or imagined. Short-circuit the emotional hijacking behaviorally. Remember the phrase: “*I am so mad/scared/anxious that I cannot think straight!*” Then *tap into* your rational mind and inquire: “*Is there something about this situation that is similar to a previous anxiety-provoking situation? Is this emotional reaction telling me something about the people in this room? About a story I need to give up?*” **Step back, or literally step out**—it is hard to make good decisions when you are emotionally hijacked. (See worksheet: *Gremlin*)

### 3. Thoughts – Challenge Your Stories

Your personal story impacts what you think about and how often. According to Brian G. Jett, you can determine how confident people are by listening to what they do not say about themselves. Your story has evolved from real and perceived events that have molded your self-efficacy in good, and not so good, ways. Self-efficacy develops over a long period of time—remember the iceberg. Your parents, environment, ethnicity, economic status, education level, significant life events, mentors or lack of mentors influence self-efficacy. These factors impact your self-efficacy, creating a “thought” filter. The background noise impacts how you feel about yourself, what you pay attention to and how often. This background noise impacts how you talk about yourself and how you behave around certain people or events.

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For example, do you say: *“I am such an idiot,” “I should be...,” “I never...,” “What is wrong with me?” “I should not be feeling...,” “Why am I not able to get over this?” or “It must be my fault...”* What personal story is it time to give up? What tapes need to be erased? What words need to be zapped from your vocabulary? What new chapter in your book-of-life needs to be closed, and what chapter needs to be written? *“Does what I am currently thinking make me feel better about myself, or worse?”* Then say out loud, or write down: *“How long am I going to allow this thought to impact my potential?”*

### 4. Play Bigger

Often my clients replay the same tape about some person or event that wounded their self-efficacy. We talk about “playing bigger” by expanding their social and experience circle. What are you doing with others that build you up? Are there people in your life that “tell it like it is” and still support you? Are there people in your life that you support? If your world is small, it may be time to invite new characters, expand your environment and create a new script. Meditation can help you to understand your purpose, get a sense of the “big picture” of your life, and keep your other problems in a “smaller” perspective.

### 5. Keep Life Real

Keep self-efficacy healthy by attracting the life you deserve. Self-inquiry is a series of questions to ask before or after a significant event.

#### Self-Inquiry

- What did I do right? How do I define right?
- What could I have done SMARTER?
- What lesson did I learn?
- Write the SMARTER ending.
- Share your story with others.
- What do I really want to attract from this experience or event? Best possible outcome? Potential costs?
- Where does this experience or event fit into attracting my personal best *now*?
- What value was expressed? What inner representation or movie will be stored?