Name: _____

FOCUS ON MY EFFORT

Date	How did I use the strategy?	How well did it work? What will I do differently?

CCCFramework.org Self-Efficacy Strategy Log

Name: _____

TRY AGAIN

Date	How did I use the strategy?	How well did it work? What will I do differently?

CCCFramework.org   Self-Efficacy Strategy Log

Name: _____

CALM MYSELF

Date	How did I use the strategy?	How well did it work? What will I do differently?

Name: _____

SAY, "I HAVEN'T
LEARNED _____ YET"

Date	How did I use the strategy?	How well did it work? What will I do differently?

CCCFramework.org   Self-Efficacy Strategy Log

Name: _____

EXERCISE MY BRAIN

Date	How did I use the strategy?	How well did it work? What will I do differently?

CCCFramework.org   Self-Efficacy Strategy Log

Name: _____

ERASER

LEARN FROM
MY MISTAKES

Date	How did I use the strategy?	How well did it work? What will I do differently?

Name: _____

REMEMBER HARD
THINGS I'VE DONE

Date	How did I use the strategy?	How well did it work? What will I do differently?

CCCFramework.org Self-Efficacy Strategy Log

Name: _____

GIVE AND ACCEPT
PRAISE

Date	How did I use the strategy?	How well did it work? What will I do differently?

Name: _____

ACCEPT FEEDBACK

Date	How did I use the strategy?	How well did it work? What will I do differently?

Name: _____

WATCH AND LEARN
FROM OTHERS

Date	How did I use the strategy?	How well did it work? What will I do differently?

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