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# Day 27: Building Your Success Evidence

**Today's Focus:** Build confidence in your capabilities

**Time Commitment:** 20 minutes

**Core Exercise:** Self-Efficacy Evidence Log

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## Morning Check-in (2 minutes)

### *Daily Questions:*

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show myself compassion around this challenge?

*Implementation Intentions Check:*

**Did any of your if-then plans from yesterday get activated?** \_\_\_\_\_

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## Understanding Self-Efficacy (3 minutes)

Self-efficacy is your belief in your ability to succeed at specific tasks. Low self-efficacy fuels avoidance because you doubt your capabilities before even trying.

### Current Self-Efficacy Assessment

*Rate your confidence (1-10) in your ability to:*

Handle difficult conversations: \_\_\_\_\_

Learn new skills: \_\_\_\_\_

Complete challenging projects: \_\_\_\_\_

Recover from setbacks: \_\_\_\_\_

Make good decisions under pressure: \_\_\_\_\_

Manage your emotions during stress: \_\_\_\_\_

Ask for help when needed: \_\_\_\_\_

Persist through boring tasks: \_\_\_\_\_

Areas where you feel most confident: \_\_\_\_\_

Areas where you doubt yourself most: \_\_\_\_\_

## Self-Efficacy vs. Self-Doubt Patterns

I feel most capable when: \_\_\_\_\_

I doubt my abilities most when: \_\_\_\_\_

The voice of self-doubt usually says: \_\_\_\_\_

Evidence I ignore when I'm doubting myself: \_\_\_\_\_

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## Main Exercise: Creating Your Capability Evidence File (13 minutes)

### Step 1: Past Success Inventory (5 minutes)

*Document evidence of your capabilities across different life areas:*

*Professional/Academic Accomplishments:*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Personal Challenges You've Overcome:*

- \_\_\_\_\_
- \_\_\_\_\_

- \_\_\_\_\_

*Skills You've Successfully Learned:*

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

*Times You Helped Others:*

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

*Difficult Situations You've Navigated:*

- \_\_\_\_\_

- \_\_\_\_\_

- \_\_\_\_\_

## Step 2: Recent Evidence Collection (4 minutes)

*Focus on the past month - what evidence exists of your capabilities?*

Problems you solved: \_\_\_\_\_

Decisions you made that worked out: \_\_\_\_\_

Times you showed up despite not feeling like it: \_\_\_\_\_

Moments when you were resilient: \_\_\_\_\_

Skills you demonstrated: \_\_\_\_\_

Ways you grew or learned: \_\_\_\_\_

## Step 3: Transferable Strength Analysis (4 minutes)

*Choose one area where you feel very capable:*

\_\_\_\_\_

*What specific abilities make you successful in this area?*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*How could these same abilities apply to areas where you're currently avoiding?*

**Current avoidance area:** \_\_\_\_\_

**Transferable strength 1:** \_\_\_\_\_

**How it applies:** \_\_\_\_\_

**Transferable strength 2:** \_\_\_\_\_

**How it applies:** \_\_\_\_\_

**Transferable strength 3:** \_\_\_\_\_

**How it applies:** \_\_\_\_\_

\_\_\_\_\_

## Evidence-Based Confidence Statements (1 minute)

*Based on your evidence inventory, complete these statements:*

"I have proven I can \_\_\_\_\_"

"When facing challenges, I typically \_\_\_\_\_"

"My track record shows I am capable of \_\_\_\_\_"

"Even when things are difficult, I have the ability to \_\_\_\_\_"

\_\_\_\_\_

## Courage Journal Entry (1 minute)

Today's courageous act: \_\_\_\_\_

Most surprising piece of evidence about my capabilities: \_\_\_\_\_

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## Tomorrow's Preparation

Tomorrow we'll work on accepting and processing fear through visualization and mindfulness.

*Self-Efficacy Building Thought:*

*"I have a track record of figuring things out, growing through challenges, and developing new capabilities. This evidence is available to me whenever self-doubt arises."*

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