



# Steppingstone #24

## General Self-Efficacy

Strongly disagree

0 1 2 3 4 5 6 7 8 9 10

Strongly agree

**A.** If I put in enough effort, then I can achieve what I want to achieve

**B.** I can overcome challenges easily

**C.** If I put in the effort, then I can overcome most challenges

**D.** I am good at dealing with setbacks

**E.** I am creative when things are going against me

**F.** I find solutions to most problems

**G.** I can cope with most things in life

**H.** If I encounter difficulties, then I can usually find a solution

**I.** I cope well in difficult situations

**J.** When things go wrong, I usually put them straight

Total