

Strengths Self-Efficacy Scale

Instructions: Listed on the following pages are statements about attitudes, feelings, and behaviors toward strengths self-efficacy. Strengths self-efficacy is defined below for you. Please refer to the definition below as you complete the questionnaire.

Strengths self-efficacy is the level of one’s confidence in her/his ability to practice and apply her/his strengths.

Strength is a combination of talent with associated knowledge and skills, and it is defined as the ability to provide consistent, near-perfect performance in a specific task.

Strength = Talent + Knowledge + Skill

Talent is a naturally recurring pattern of thought, feeling or behavior. It is created by combining your natural talents with acquired knowledge and skills.

Knowledge consists of two types. *Factual knowledge* is gained through content and vocabulary training. *Experiential knowledge* is gained with experience and practical lessons.

Skill is defined as the sequence of steps for a specific activity.

Example: 1.2.3 ?

In the box below, please list up to 5 of your strengths. There are no right or wrong answers.

1. _____

2. _____

3. _____

4. _____

5. _____

Please respond to each of the following items thoughtfully. There are no right or wrong answers. Use the 10-point scale below to rate each of the statements as it applies to you.

0	1	2	3	4	5	6	7	8	9	10
Not at all					Moderately Confident					Extremely Confident

How confident are you in your ability to

1. _____ use your strengths at work?
2. _____ use your strengths in your relationships?
3. _____ focus on developing your top strengths?
4. _____ apply your strengths in several situations?
5. _____ focus on your strengths every day?
6. _____ identify ways to build on existing strengths?
7. _____ determine your ways to apply your strengths?
8. _____ find ways to regularly use your strengths?
9. _____ use your strengths without any struggles?
10. _____ develop your strengths through practice?

0 Not at all	1	2	3	4	5 Moderately Confident	6	7	8	9	10 Extremely Confident
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How confident are you in your ability to

11. _____ use your strengths to enhance your relationships?
12. _____ track the growth of your strengths overtime?
13. _____ find ways to apply your strengths in the things you do every day?
14. _____ accomplish a lot by using your strengths?
15. _____ identify different areas where your strengths can help you?
16. _____ allow your strengths to play a major role in your life?
17. _____ put your strengths into action in your daily life?
18. _____ apply your strengths at work/school?
19. _____ focus on developing your most important strengths?
20. _____ use your strengths in many situations?
21. _____ put your strengths to use in your daily life?
22. _____ use your strengths to overcome any obstacle?
23. _____ use your strengths to succeed?
24. _____ determine how to build on your current strengths?
25. _____ identify strengths that you use to improve your relations with others?
26. _____ use your strengths in your leisure activities?
27. _____ to utilize several strategies for enhancing your strengths?
28. _____ use your strengths every day?
29. _____ identify a strength that you need to use to accomplish a task?
30. _____ find ways to use your strengths at work/school every day?
31. _____ use your strengths at any time?
32. _____ use your strengths to help you achieve your goals in life?
33. _____ improve your life through focusing on your strengths?
34. _____ practice your strengths in areas where you excel?