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.

\[ \text{Strength} = \text{Talent} + \text{Knowledge} + \text{Skill} \]

*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.

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<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5 Moderately Confident</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10 Extremely Confident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all</td>
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**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?
<table>
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<th>3</th>
<th>4</th>
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</tr>
</thead>
</table>

**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?