

## SELF-EFFICACY QUESTIONNAIRE

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Organization: \_\_\_\_\_

Position in organization: \_\_\_\_\_

Statements	Yes	No
1. I can always manage to solve difficult problems if I try hard enough.		
2. If someone opposes or is against me, I can find a way to get what I want.		
3. It is easy for me to stick to my plans and accomplish my goals.		
4. I am confident that I could deal efficiently with unexpected events		
5. I can remain calm when facing difficulties because I can rely on my coping abilities.		
6. If I am in trouble, I can usually think of a solution		
7. If I want something from someone I should have a positive attitude.		
8. I feel responsible for my own life.		
9. I am driven by a sense of purpose.		
10. I am able to choose my own actions		
11. I am happy with my life		
<b>Total Score</b>		