

Magic In You

Magic With A Message: Self-Efficacy

Magic In You is an educational performance that shows how self-efficacy promotes self-esteem. Self-efficacy is the belief that one can meet challenges as they arise. Self-esteem is a favorable opinion of oneself. Though the program is targeted at middle school aged children, older individuals can easily see the benefits of embracing challenge, experiencing success and maintaining a positive attitude. If children believe they have a compelling future and that they can achieve, more often than not, they make positive choices. The use of entertainment enhances the retention of this valuable information and provides a memorable event. The content is from S.T.A.R. Teens, an efficacy and resilience curriculum.



Magic In You Main Points

- 1) Introduction & Purpose
 - a) Define self-efficacy & self-esteem
 - b) Vulnerability & avoidance
 - c) Success & risk
- 2) Dare to Dream
 - a) Define success
 - b) Goals provide focus
 - c) Own your goal
 - d) Personal strengths
 - e) Previous achievements
- 3) Roadmap to Successful Goals
 - a) Written
 - b) Specific
 - c) Realistic
 - d) Measurable
 - e) Controllable
 - f) Date of completion
 - g) Eat the elephant
 - h) Unique gifts & talents
 - i) Feel the journey
- 4) Visualization
 - a) Picture self after success
 - b) Feel positive emotions
 - c) Role models
- 5) Improving My Performance
 - a) See yourself getting better
 - b) Mentally rehearse
 - c) Accept & learn if partial success
 - d) Give to Gain
- 6) Attitude and Gratitude
 - a) Things I'm grateful for
 - b) People I'm grateful for
 - c) Positive description of me
 - d) Control your world

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