



### How Confident Are You?

This confidence questionnaire provides a unique opportunity to assess your level of confidence. For each statement, rate where you believe you fall on a scale of 1 to 5. The number 1 means you totally disagree with the statement. The number 5 means you totally agree with the statement. Please answer questions as you actually are (rather than how you think you should be), and don't worry if some questions seem to score in the 'wrong direction'. Most people tend to think they have more confidence than they actually do. So don't get alarmed - simply note it as an area for growth. So let's get started:

- |     |                                                                                                                           |              |
|-----|---------------------------------------------------------------------------------------------------------------------------|--------------|
| 1.  | I tend to be disapproving and judgmental about my imperfections and inadequacies.                                         | 1 2 3 4 5    |
| 2.  | When describing myself to others, is it in a positive light?                                                              | 1 2 3 4 5    |
| 3.  | Do you have life dreams that have gone untapped because of fear?                                                          | 1 2 3 4 5    |
| 4.  | When something painful happens, I try to take a balanced view of the situation.                                           | 1 2 3 4 5    |
| 5.  | Do you find yourself looking to others for validation of your worth and value?                                            | 1 2 3 4 5    |
| 6.  | I handle new situations with comfort and ease.                                                                            | 1 2 3 4 5    |
| 7.  | Do you feel most respected and worthy when you are 'telling' others what to do?                                           | 1 2 3 4 5    |
| 8.  | If something looks difficult, I avoid doing it.                                                                           | 1 2 3 4 5    |
| 9.  | I keep trying even though others have given up.                                                                           | 1 2 3 4 5    |
| 10. | Do you find yourself feeling unworthy or inadequate when others are not in agreement with your point of view on an issue? | 1 2 3 4 5    |
|     |                                                                                                                           | Total = ____ |

### Score interpretations:

Now that you're done, simply add up your circled numbers for a total and divide by 10. For example, my total score was  $40 \div 10 = 4.0$ . An average overall confidence score tends to be around 3.0 on the 1-5 scale, so you can interpret your overall score accordingly. As a rough guide, a score of 1-2.5 for your overall self-confidence score indicates you are low in self-confidence, 2.5-3.5 indicates you are moderate, and 3.5-5.0 means you are high. Remember that lower scores may indicate an opportunity for confidence improvement. To ensure that you are at your best in every area of your life, consider a consultation with Desiree to discuss the results and how you can improve your confidence to function at your greatest potential. To schedule a complimentary consultation, visit [www.confidentliving.biz](http://www.confidentliving.biz) and click on the booking tab.