

Confidence Quiz

Please complete all items. Rate each item on a scale of 1-5. Please choose one number and do not write a decimal, such as 3.5. Select the answer that best represents your feelings, thoughts, and behaviors regarding your view of yourself and your future.

Choose how true	e each statem	ent is for you.		
1	2	3	4	5
Less true)			More True

	STATEMENT	Rating
1.	I believe in myself and my ability to succeed	
2.	I feel good about myself	
3.	I only talk to myself in positive tones	
4.	I know what I want to achieve in life	
5.	I am fully aware of my strengths and abilities	
6.	I expect the best	
7.	I set myself realistic goals	
8.	I don't need the approval of others	
9.	I enjoy every day	
10.	I don't have one set of rules for others and a different, higher one for myself	
11.	I am aware of, and feel good about, all my achievements	
12.	I love myself	
13.	I have good relationships with family, friends and colleagues	
14.	I appreciate what I have in my life	
15.	My thoughts are mostly positive	
16.	I easily 'let go' of my mistakes	
17.	I accept help from others	
18.	I have a support network of positive family members or friends	
19.	I find regular opportunities to have fun	
20.	I smile every day	

Total Score

Score Key

80+ Congratulations! You probably feel confident in most situations

50+ You feel confident at times, but may experience self-doubt in some situations

Below 50 Your confidence levels tend to be low. Taking steps now to boost your confidence will have long-term positive effects on you and your life

Get in touch today for a **Powerful Coaching Conversation** to discover how I can help you to boost your confidence. Contact me at paul@bigvisionlifecoach.com