

Where are your confidence levels now?

Self-assessment Exercise Number 1

Rate the following statements from 0 – 10 based on how much you believe each of them to be true.

- 0 would mean that you don't believe in the statement at all and that it's utter nonsense.
- 10 would mean you think it's completely true.

Statements

- ◆ I like myself as a person
- ◆ I am as good as everyone else
- ◆ When I look at myself in the mirror I like what I see
- ◆ I don't feel like an overall failure
- ◆ I am happy to be me
- ◆ I respect myself
- ◆ I'd rather be me than anyone else
- ◆ What others say to me has no affect
- ◆ I enjoy communicating to others
- ◆ I have the skills and qualities to make myself a success
- ◆ I like to take risks
- ◆ I am not afraid to make mistakes
- ◆ I can laugh at myself

Now sum up all your scores.

Want to know where your confidence level stands?

If you have scored:

100 – 130

You have a high level of self esteem and confidence. All you have to do is fine tune it and increase your confidence in a couple of areas.

65 – 99

You have a medium to high ranking in self esteem. Whilst most of the time you are okay, there are times when you can feel rock bottom. You need more consistent feelings that you are confident and learn to experience these more regularly.

30 – 64

You have low levels of self esteem.

You lack confidence in yourself in most areas and need to have an overall confidence building plan.

0 – 29

You have reached rock bottom and think that everything and everyone is against you. You are stuck in a rut and need to get out of it quick.

So, what are your scores like? Are they satisfactory to you, or are you hiding your fabulous, talented confident self somewhere?

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Hold it, if you are! There's nothing to hide. Rather acknowledge yourself for this first step and stay in action.

Take a few moments to reflect on these questions and write them down in a journal or somewhere that is just for you to see..

What jumped out at you from doing this?

What feelings or thoughts did you have while completing this exercise?

What do you specifically need to concentrate on with regards to building up your confidence?

If you are keen to know more about you and building your confidence check out our further programs at www.pivotpartners.biz to create your unstoppable confidence and heaps of other powerful development tools to connect to your extraordinary life.