



# Journey To Real Vision

## SELF-CONFIDENCE QUIZ

Use this quiz to have a better understanding of where you stand with regard to self-confidence. Using the scale below, rate the frequency of the following statements:

**3 = Always**

**2=Sometimes**

**1=Never**

- I have positive ways to deal with fear and doubt
- I don't give up easily on things
- I realize that not everyone will like me
- I am comfortable asking for help and support
- I recognize that failure can be a good thing
- I feel prepared for new experiences
- I have a strong sense of my strengths
- I do not allow my thoughts to paralyze me
- I understand that obstacles are normal when I am going through a tough time
- I easily cope with unexpected changes

### **SCORE:**

**21-30** You are doing a wonderful job at not allowing obstacles to get in your way!

**11-20** You need to continue working on what causes you to question your confidence. You are making progress, so keep plugging away at the courses!

**1-10** You are being too hard on yourself and need to recognize your accomplishments. You can benefit from coaching at this time.