



Journey To Real Vision

SELF-DOUBT QUIZ

Use this quiz to determine how much self-doubt you are experiencing. Using the scale below, rate the frequency of the following statements:

3 = Always

2=Sometimes

1=Never

- I like to try new things
- I believe I am good enough
- I will try something even though I feel I may not be good at it
- I am not afraid to make mistakes
- I replay conversations and think of ways I could have said something better
- I do not worry about what other people think of me
- I believe I have failed many times and that is okay
- I do not have frequent negative thoughts
- I do not isolate myself from others for fear of rejection
- I do not feel like I have to constantly prove myself to others

SCORE:

21-30 Keep up the good work on encouraging yourself. You are an inspiration to others!

11-20 You need to continue working on overcoming those self-doubt thoughts. You are making progress, so keep plugging away at the courses!

1-10 You are struggling with letting fears and insecurities control your life. You can benefit from coaching at this time.