

## Assessing Your Confidence

### 1) Identifying Areas of Low Confidence

For each of the following questions, rate your level of confidence on a scale of 1 to 10.

1 = extremely low, 10 = extremely high

- How confident are you in your intelligence and general capability?
- How confident are you in your ability to improve your intelligence or capabilities?
- How confident are you about your relationships, in general?
  - Romantic?
  - Family?
  - Boss?
  - Other:
- How confident are you about how people approve of you?
- How confident are you about expressing yourself, in general?
- Expressing how you feel?
- Expressing your thoughts?
- Communicating effectively?
- When interacting with others?
- How confident are you in your career or job, in general?
- How confident are you about making needed or desired changes in your life?
- How confident are you about taking risks?
- How confident are you about your ability to handle failure?
- How confident are you in your ambition, goals, and ability to succeed?

## 2) Identifying Specific Problem Areas

My Target Confidence Areas (list the most important confidence areas you identified in the assessment and that you will be working on)

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Now that you've identified the areas of low-confidence that you wish to work on, the next step is to identify what specific aspects of those areas that are your problem areas? This time you want to dig deep into the details! The more specific you can be the better.

For each of the Target Confidence Areas you've identified, ask yourself the following questions:

- What are the specific situations or issues in these areas that you want to improve? (For instance, if one of your target areas is confidence in the relationship you have with your family, identify who, specifically, what the problem seems to be, when the problem occurs, the situations that are the most concerning. Think "who", "what", "when", "where", "why", "how".)
- What does NOT being confident in this area look like and feel like for you? Elaborate beyond what you listed in the last question. Include any other details you can think of that help clearly paint a picture of the situation that leads to the low confidence. Get an image of the situation in your mind.
- What specific aspect of this situation is the biggest concern?
- What specific emotion or behavior do you observe in yourself that leads not feeling confident?

### 3) *Analyzing Alternatives*

Now that you've identified more specifically the exact situation that you wish to improve your confidence in, the next step is to identify what being confident would look like in this situation. For each of your Target Confidence Areas, answer the following questions:

- If not being confident in this situation look like what you described, what would be the alternative? Meaning, what would the opposite look like?
- What would it look like if a confident person was in this situation? What actions, body language, statements, etc. would they have?
- What would it look like if YOU were confident in these areas?

### 4) *Feeding the Brain*

Now, it's time to feed your brain with the information and experience it needs to develop confidence in these areas. For each Target Confidence Area, ask yourself the following questions:

- What knowledge or information do I need to acquire in order to be able to develop COMPETENCE in that area? (Competence leads to confidence.)
- What can I do to get that knowledge (for example, read a book, listen to an audio book, take a training or workshop, ask for assistance, etc.)?
- What ability or skill do I need to acquire in order to develop confidence in this area?
- What do I need to DO in order to acquire the knowledge or skill or otherwise get what I need in order to improve my confidence in this area?
- What specific steps am I going to take today to start the process?