

Personal Development Coaching

Live Life Passionately!

www.personaldevelopmentinsights.com

How to Build Confidence

Evaluate Your Confidence Levels

Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I have a clear sense of what's important to me.					
I know what I want in life.					
I admit my mistakes and know that setbacks can be learned from.					
I can stand back and think clearly when things get emotional.					
Most of my work involves things I enjoy doing.					
I make other people feel good about themselves.					
People know me as being an optimistic.					
I respect myself and others.					
I am realistic about my strengths and weaknesses.					
I know what others consider to be my strengths.					
I freely ask for help.					
I am able to see the wider perspective and the smaller details of a situation.					
I enjoy taking on new challenges.					
I seek out opportunities to learn and grow.					
I take care of my mind and body.					
I handle stress with ease and don't take things too personally.					
I am clear about my purpose in life.					
I have positive yet realistic expectations.					
Even though I dive in to new opportunities I have a balanced perspective about risk taking.					

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Your Score

Score yourself 5 points for strongly agree, 4 for agree, 3 for neutral, 2 for disagree and 1 for strong disagree. Add up your points and check below to see how you rated.

80-100 – The Top! You are a confident person and are clear with your purpose in life. You know what you want and confidently strive for it.

60-80 – Great! You are fairly confident but there are a few areas that bring you down. You can tweak a few things to increase your confidence levels.

40-60 – You're on track! At times you may experience confusion about your life and where you want to go, what you want to do and who you want to be. Take some time to work on the areas that need attention and you'll be surprised with the results.

20-40 – You've been knocked around and your confidence may be low right now. You don't have to remain stuck in this situation though. It's time to take action and use personal development techniques to increase your confidence.

Self Evaluation

Now it's your turn. Take another look at your scoring and try to determine which areas of your life need your attention. Have a look at where you ranked *strongly disagreed* and see if there are similar questions that brought your score down.

Some people are naturally more confident in some areas of their life, while in others areas they are lacking confidence. It's easy to improve your confidence levels by first determining where you are low and then put into place strategies that will increase those areas.