

## CONFIDENCE QUIZ

Use this confidence quiz to plot your confidence in the following areas:

### Socially

How do you feel in social situations generally?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

### As a friend

How confident are you in your ability to make and keep friends?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

### As a person in your own right

How do you rate your lovableness and right to happiness?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

### Professionally

How confident are you in the work you are doing and your promotion prospects?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

### Physically

How good do you feel about your body and what you can do with it?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

### How you look

How secure are you in the way you look and present yourself?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

### Sexually

How confident are you in your ability to give and receive sexual pleasure?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

### As a partner

How secure are you in your relationship with your partner?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

### As a parent

How happy are you with the way you interact with your children?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

### Intellectually

How secure do you feel about the quality of your mind?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

### Financially

How good do you feel about your resourcefulness and ability to cope?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

### As a talented person

How confident are you that you have one special talent?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

### As an assertive person

How do you rate your ability to make sure your feeling are respected and taken into account?

unconfident 0 1 2 3 4 5 6 7 8 9 10 confident

In your capacity for enjoyment

How good do you feel about your capacity for enjoying yourself?

unconfident    0   1   2   3   4   5   6   7   8   9   10    confident

Focusing on three areas where you want to improve....

What's your score now?

How would you like it to be ideally?

What score would you settle for?

**(Taken from 'The Confidence Plan - Essential Steps to a New You'  
By Sarah Litvinoff.)**