

Your Personal Confidence Assessment

Please read the statements below and put a check next to each one that accurately describes you and how you've responded over the past month

How do I feel about myself? (Level of positive self-esteem)

- I recognize my good qualities and see myself in a positive light
- I understand and can accept that no one is perfect, including me
- I've learned to accept and love myself, no matter what I do/don't do
- I am fully confident in myself and feel comfortable in my own skin
- I am smart, sensible and a woman that others want to have in their life

How I feel about my own abilities? (Self-perception of competence)

- I see problem-solving as an opportunity for personal growth
- I have inner resources I can call upon when experiencing stress
- I always remember my own worth, even when I make a mistake
- I know my opinion matters and am comfortable with expressing it
- I am capable of helping others to examine and resolve problems

How I respond when facing problems? (Level of resourcefulness)

- I make decisions without delay and do so on a regular basis.
- I am capable of having complex conversations with others
- I am generous toward others without expecting anything in return
- I know how to find solutions, to remedy conflict and make things better
- I know how to explore, understand and discuss challenging situations.

How I respond to others with whom I am in relationships?

(Ability to connect with care and compassion)

- I am kind, empathetic and patient with those close to me.
- I am generous in spirit and enjoy being of support to others
- I deal gracefully with irritations and annoyances, without anger
- I value those with whom I am close and want to support them
- I appreciate how others feel and let them know that I understand

(Assessment continues on the next page)

How do I experience and express thoughts and feelings to others?
(Skills and style of communicating)

- I know what I am feeling, when I am upset, and accurately express it
- I can share my view easily, when a challenging situation arises
- I do not have any hesitation to disagree with a loved one's opinion
- I realize others are entitled to feel differently than I do and I, with them. I do not have to try and convince others of the way I feel.
- I realize that I am entitled to my unique thoughts, feelings and perspective and feel confident and at ease when I express them.

What did you learn from taking Your Personal Confidence Assessment about yourself and the level of confidence you currently have?

Would you like help to understand your results and learn effective ways to improve your confidence so it is strong in all areas of your life?

Please contact me to schedule a FREE Strategy Session. I will help you to understand what is getting in your, and offers valuable recommendations for clearing the obstacles preventing you from being more confident!

I can be reached at: info@youramazingjourney.com or 646-250-5379

Thanks and have an amazing day!

Joan Stenzler, LCSW