

# ***Your Personal Confidence Assessment***



**A powerful tool that helps you understand how to grow more confident, motivated and inspired to take bold, effective action in your life!**

***Created by Joan Stenzler, LCSW, SEP  
Communication and Empowerment Coach***

**[www.youramazingjourney.com](http://www.youramazingjourney.com)**

# *It's very nice to meet you!*



*I'd like to get to know you, but first, let me tell you about myself and share why I'm so passionate about empowering women!*

*I'm Joan Stenzler, a motivational speaker, communication specialist and women's empowerment coach living in the NYC area.*

***Since as early as I can remember, I've spoken up for and supported other women in my life. Literally from the age of about 7! My girlfriends mean the world to me!***

*It just lights me up to teach a bright, compassionate woman how to step out of her comfort zone, confidently express what's on her mind and feel the pride, satisfaction and joy that comes from taking charge of her destiny!*

*Yet I've also witnessed many wonderful women getting stuck in their tracks because common fears and false beliefs made them doubt themselves. So they hesitated to take action because they lacked confidence or didn't know what to do.*

*In our work together, I show women how to tap into their intuition, build self-trust and make bold decisions that will strengthen their confidence as they continue to grow and find their authentic voice in the world!*

*In July of 2020, I invited women I had already been working with, to an online women's circle, a place for them to connect, share, learn and grow. I created a program offer, they signing up and that program, "**Empowering Ourselves**" is how the **Women's Empowerment Incubator**© was born!*

*Since then I've had 5 group coaching cohorts, within my 2 signature programs. My next group coaching program is: "**The Courage to Speak Up: A Heroine's Journey to Release Fear, Embrace Abundance and Find Your Authentic Voice**" **This 8-week transformational program begins Wed, Mar 20. Details TBA***

# **Reclaiming your Confidence**

***Thanks for requesting your copy of the Personal Confidence Assessment!***

***I've designed it to help smart, capable women like you identify areas in your life where you're having difficulty and finding it hard to take action.***

*Set aside about 30 minutes to read over the statements listed in the assessment. Make a check next to any one that describes you accurately within the past month, on both pages of the assessment. Give yourself 1 point for each checked statement. Then add the score up and see what you get. (Explanation below)*

*The first step toward addressing any issue is identifying what it is. Second step is taking stock of the sticky situation, then finding effective strategies to resolve it.*

***But just knowing where your difficulties lie, does not necessarily help you figure out how to handle them effectively.***

***Which is why, I'm offering you a FREE Discovery Session with this assessment.***

*When we meet, I'll review your responses, help you to see where you are already strong and where you need to focus your attention to build up your confidence.*

*You can schedule your FREE 30 minute Discovery Session with me by clicking:*

<https://calendly.com/meetingwithjoan/30-minute-discovery-session>



***Thank you! It's my pleasure to support you  
on Your Amazing Journey!***

***Joan***

# ***Your Personal Confidence Assessment***

**Please read each statements and check those describing you over the past month. When you understand which areas you are confident in and where you need to focus your attention, you'll become clearer and better able to respond more effectively!**

## ***How confident do you feel about yourself?***

- I understand that no one is perfect including me
- I like who I am and feel comfortable in my own skin
- I see myself in a positive light and feel self-confident
- I am learning to be accepting of myself, no matter what
- I speak up in situations where I feel it's important to do so

## ***How confident are you about handling problems?***

- I am less hesitant and more willing to make decisions
- I know that my opinion matters and am willing to express it
- I feel capable of having complex conversations with others
- I strive to find ways to remedy situations to make things better
- I recognize when I need help and am comfortable asking for it

## ***How confident do you feel about your own abilities?***

- I see problem-solving as an opportunity for personal growth
- I am naturally generous, without expecting anything in return
- I am a smart, compassionate, capable woman with many gifts
- I remembers my own worth, even when having made a mistake
- I recognize the need to take action in order to feel more confident

## ***How confidently do you respond in your relationships?***

- I am kind, caring and empathetic and offers myself freely
- I am generous in spirit and enjoy being of support to others
- I like helping others and can do so, without needing to take credit
- I truly value those with whom I am close and want to be of support
- I appreciate how others feel and let them know that I understand them

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# ***Your Personal Confidence Assessment***

Please read each statements and check those describing you over the past month. When you understand which areas you are confident in and where you need to focus your attention, you'll become clearer and better able to respond more effectively!

***How confident are you at expressing your thoughts/feelings to others?  
(Skills and style of communicating)***

- I know that I'm entitled to my own unique thoughts, feelings and perspective and feel confident and at ease when expressing them.
- I can share my views easily when a challenging situation comes up.
- I do not hesitate to disagree when in conversation with a loved one.
- I realize that others are entitled to feel differently than I do and avoid trying to convince them of the way they should feel.
- I know what I'm feeling when I'm something bothers me, & express it clearly
- I recognize the importance of setting limits and say no, when needed.

## **THE GOOD NEWS ABOUT YOUR ASSESSMENT RESULTS:**

Regardless of what your score is, the results will pinpoint areas where you can feel really good about your confidence and highlight the areas needing your attention. It provides valuable information and a roadmap for addressing situations in which you need support.

Look at the statements you've checked and give yourself a point for each one. (They are the areas in which you are already confident.) As you strengthen the areas needing help, your score will improve.

**A score of 15+** means you're moving in the right direction. 20+ = you are doing great!

**If your score was below 15**, there are significant areas in your life where you feel stuck and unable to act with confidence. Working with an empowerment coach can help!

***Schedule a FREE Empowerment Discovery Session and boost your confidence today!***  
**<https://calendly.com/meetingwithjoan/30-minute-discovery-session>**

Have great conversations with smart, compassionate women on confidence-building empowered communication and great relationships in my Free Facebook Group:  
**<https://www.facebook.com/groups/yourempowermentincubator>**

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