

Inner Confidence Assessment - How Confident Are You Within?

Don't think too long - just answer quickly and honestly. 😊

1. Before making decisions, I ask others what they think.

1	2	3	4	5
Usually	Frequently	Sometimes	Occasionally	Rarely

2. Once I make a decision, I wonder if it's the right one.

1	2	3	4	5
Usually	Frequently	Sometimes	Occasionally	Rarely

3. In deciding on an action to take, I consider how it will affect others more than me.

1	2	3	4	5
Usually	Frequently	Sometimes	Occasionally	Rarely

4. I feel anxious or stressed if I think I may disappoint someone.

1	2	3	4	5
Usually	Frequently	Sometimes	Occasionally	Rarely

5. I find it challenging to say "no" when someone asks me to do something.

1	2	3	4	5
Usually	Frequently	Sometimes	Occasionally	Rarely

6. When it comes to speaking up for myself I go blank on what to say.

1	2	3	4	5
Usually	Frequently	Sometimes	Occasionally	Rarely

7. I handle tasks and projects myself rather than ask for help.

1	2	3	4	5
Usually	Frequently	Sometimes	Occasionally	Rarely

8. I find it challenging to put myself and my self-care on my To Do List.

1	2	3	4	5
Usually	Frequently	Sometimes	Occasionally	Rarely

9. If I don't complete all my daily tasks, I feel anxious or bad about it.

1	2	3	4	5
Usually	Frequently	Sometimes	Occasionally	Rarely

10. I feel hesitant or resistant about trying new things.

1	2	3	4	5
Usually	Frequently	Sometimes	Occasionally	Rarely

Now total your points. **Total:** _____

Congratulations on your willingness and courage to take this assessment! Whatever your score, please acknowledge your willingness to take it. Use the score as an indicator of where you are now and where you would like to be. All life is a process of growth and change – keep growing!

~ Sandy Goodwin

Scoring:

50-41

You know who you are and what is important to you, and you aren't afraid to speak it. Congratulations and keep up the great work!

40-31

You are on the right path to growing your Inner Confidence! Take note of the lower scored items and begin to focus your growth in these areas. A little extra support in polishing these areas could help you to really shine.

30-21

You have confidence strengths and challenges. Awareness is always the first step. You have the desire to grow, yet often put others' needs ahead of your own or get stuck in over-thinking things. Coaching can help you develop the skills, tools, and strategies to build the self-trust and Inner Confidence you're looking for.

20 and below

You are a very caring, heart-based person who doubts yourself, puts others first, and thinks others' ideas and opinions are better than yours. That's not true. You have your own thoughts, opinions, value, and worth. Coaching can help you find and develop your true self – the part that's just waiting to be discovered.

Are you ready to begin a coaching relationship and build your Inner Confidence? Contact me for a free 20-minute consultation:

sandy@innerconfidencecoach.com

And you can find great ideas on how to build your Inner Confidence in my book:
***I Think, Therefore I Doubt – 12 Key Principles to Building Self-Confidence & Self-Trust:
For Perfectionists, People-Pleasers, and Heart-Centered Women***