

## EVALUATING YOUR CONFIDENCE

Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
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I have a clear sense of  
What is important to me

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I know what I want in life

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I never beat myself up about  
My failings

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I can stand back and  
Think clearly when things  
Get emotional

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A lot of my work involves  
Things I enjoy doing

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I sometimes become  
Totally engrossed in an  
Activity

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I am know for being  
Optimistic

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I respect myself and many  
Of those around me

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I have a realistic view of my  
Strengths and weaknesses

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I know what others consider  
To be my strengths

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I consult others, where  
Appropriate, before taking  
Decisions

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I am comfortable with  
Both the big picture and  
The important details of a  
Situation

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I enjoy doing new things and  
taking on fresh challenges

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I relish the opportunity  
To learn and grow.

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Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
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I take care of my body

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I feel able to handle any Stress in my life.

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I have a healthy attitude To risk taking

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I don't always have to have Every "t" crossed and "I" dotted before taking action

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I sometimes meditate Or think deeply about the Connectedness of different Parts of my life.

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I know what I am here To do. I have a chosen Mission or purpose.

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Now give yourself 5 points for every tick in the *strongly agree* column, 4 for every one in the *agree* column, 3 for *neutral*, 2 for *disagree*, and finally 1 for *strongly disagree*. Add up your points and email me with the results. I will then give you advice related to your total score. The second stage of the process encourages you to determine which areas of your life are worthy of your immediate attention.

Email me with you score now [info@lifecoachingservices.co.uk](mailto:info@lifecoachingservices.co.uk)