

Name: _____

Date: _____

Confidence Assessment

Answer the questions below as honestly as you can.

0 = Strongly Disagree 1 = Disagree 2 = Neutral 3 = Agree 4 = Strongly Agree

	My Score
1. I struggle with identifying my positive qualities.	
2. I'm concerned about what others think of me.	
3. I struggle with taking risks.	
4. I am hard on myself when I make a mistake.	
5. When I see myself (in a picture or the mirror), I notice many flaws.	
6. It's uncomfortable for me to share my opinions and thoughts with others.	
7. It's hard for me to accept compliments from others.	
8. I feel jealous or angry with others when they succeed.	
9. I feel like I make way too many mistakes.	
10. When people criticize me, I feel they are right.	
TOTAL	

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Confidence Assessment

What it Means

0-10	If you scored between 0 and 10, you have a very high level of confidence in yourself. You trust yourself in decision-making and believe in yourself.
11-20	If you scored between 11 and 20, you have a strong level of confidence in yourself. Sometimes you might worry about what other people think, but you know that you have it under control.
21-30	If you scored between 21 and 30, you probably need to work on improving your level of confidence. It's okay to question how you are doing, but you may need to develop strategies to improve your self-esteem when you are feeling down.
31-40	If you scored between 31 and 40, you are in a high need for improving your confidence and self-esteem. You will need to learn and develop strategies for feeling better about yourself, identifying your strengths, and accepting when you make mistakes at times.

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Seeing the Positive in YOU!

Seeing the positive in yourself is very important! It is the foundation to having strong self-esteem.

Use the boxes below to identify your positive qualities and what you are good at. If you are having trouble, try thinking, "What would a friend say about me?"



My Positive Qualities:

What I Am Good At:

Name: _____

Date: _____

Positive Qualities

Read through the list of positive qualities. Highlight the qualities that fit you best. If you are unsure, try to think, "What would a friend say about me?"

adventurous	fearless	outgoing
ambitious	friendly	outspoken
artistic	funny	patient
bold	generous	peaceful
brave	giving	persistent
bubbly	graceful	polite
calm	happy	positive
charismatic	hardworking	practical
cheerful	helpful	realistic
clever	hilarious	reliable
compassionate	honest	resilient
confident	imaginative	responsible
considerate	independent	risk taker
cooperative	intelligent	sensitive
creative	inventive	strong
curious	joyful	supportive
daring	kind	talented
decisive	leader	talkative
dedicated	listener	team player
detailed	loyal	thoughtful
determined	neat	trustworthy
dreamer	nurturing	understanding
driven	observant	unique
easygoing	open-minded	upbeat
efficient	opinionated	uplifting
energetic	optimistic	welcoming
Fair	Organized	