How Confident Do You Feel?

Socially
How do you feel in social situations generally?
Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

As a friend
How confident are you in your ability to make and keep friends?
Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

As a person in your own right
How do you rate your lovableness and right to happiness?
Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

Professionally
How confident are you in the work you are doing and your promotion prospects?
Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

Physically
How good do you feel about your body and what you can do with it?
Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

How you look
How secure are you in the way you look and present yourself?
Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

As a partner
How secure are you in your relationship with your partner?
Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

As a parent
How happy are you with the way you interact with your children?
Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

Intellectually
How secure do you feel about the quality of your mind?
Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

Financially

How good do you feel about dealing with your present financial situation?

Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

As a partner

How secure are you in your relationship with your partner?

Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

As a competent person

How good do you feel about your resourcefulness and ability to cope?

Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

As a talented person

How confident are you that you have one special talent?

Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

As an assertive person

How do you rate your ability to make sure your feelings are respected and taken into account?

Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

In your capacity for enjoyment

How good do you feel about your capacity for enjoying yourself?

Unconfident 0   1   2   3   4   OK   6   7   8   9   10   Confident

It's Time To Supercharge Your Confidence, However You Scored