

CORE CONFIDENCE SCALE



How confident are you that you will achieve your goals and live your dreams?

The following quick quiz is designed to take your pulse when it comes to your self-esteem and belief in yourself. Please be authentic in your answers; these thought questions are designed to help you get in touch with your core confidence.

Circle the number below that represents where you place yourself today on this confidence continuum. The number 1 is low and 10 is high.



1. Rate your internal self-talk response when you say to yourself, "I CAN achieve my goals and live my dreams."



Why did you score yourself as you did? _____

2. Rate the strength of your desire, commitment, and decision when you say to yourself, "I WILL do what it takes to achieve my goals and dreams."



Why did you score yourself as you did? _____

3. Rate your internal sense of worthiness and value when you look in the mirror and say, "I AM enough." What does your mind say back to you? (smart enough, pretty enough, etc...)



Why did you score yourself as you did? _____