



Confidence Quiz

Setting and achieving goals builds self-actualization. This helps develop good self-confidence. Prepare for this self-confidence exam by taking a close look at yourself. Read each statement then circle the number that indicates where you think you best fit. Total the circled numbers and check your results in the key below.

1. Basically, I am satisfied with myself.

Never	Occasionally	Usually
1	2 3 4	5

2. I am happy with the way I look.

Never	Occasionally	Usually
1	2 3 4	5

3. I am pleased with my relationships.

Never	Occasionally	Usually
1	2 3 4	5

4. I can accept criticism without getting upset. 5. I keep trying when things don't go my way.

Never	Occasionally	Usually
1	2 3 4	5

6. I am glad for others when good things happen. 7. I am willing to seek help if I need it.

Never	Occasionally	Usually
1	2 3 4	5

8. I enjoy the challenge of trying new things.

Never	Occasionally	Usually
1	2 3 4	5

9. I feel comfortable meeting new people.

Never	Occasionally	Usually
1	2 3 4	5

10. I set goals and expectations for myself.

Never	Occasionally	Usually
1	2 3 4	5

Total Score _____

Results:

Total Score

41- 50 Your self-confidence is GREAT!

31- 40 You are mostly satisfied with yourself.

21- 30 Your self-confidence is lacking.

10- 20 You need to work on your self-confidence.