



Self Confidence

Self-confidence is the acknowledgement of your abilities and the courage to take risks even if it means that you might fail.

Give yourself a score out of 10 for the following.

- _____ I believe in myself and am in control of my life.
- _____ I accept responsibility for my actions and don't try to blame other people when things go wrong.
- _____ My life is balanced at school and home.
- _____ My self-talk is always positive...I don't run myself down to myself.
- _____ I always tell the truth not what I think other people want to hear.
- _____ I am very proud of my accomplishments.
- _____ When I really don't want to do something I say so even if my friends really want to do it.
- _____ I trust my own judgement even when my friends think I am crazy.
- _____ I feel OK if I mess up or make a mistake.
- _____ I usually contribute to discussions because what I have to say is as valuable as what other people say.