

# IMPROVING YOUR SELF-CONFIDENCE

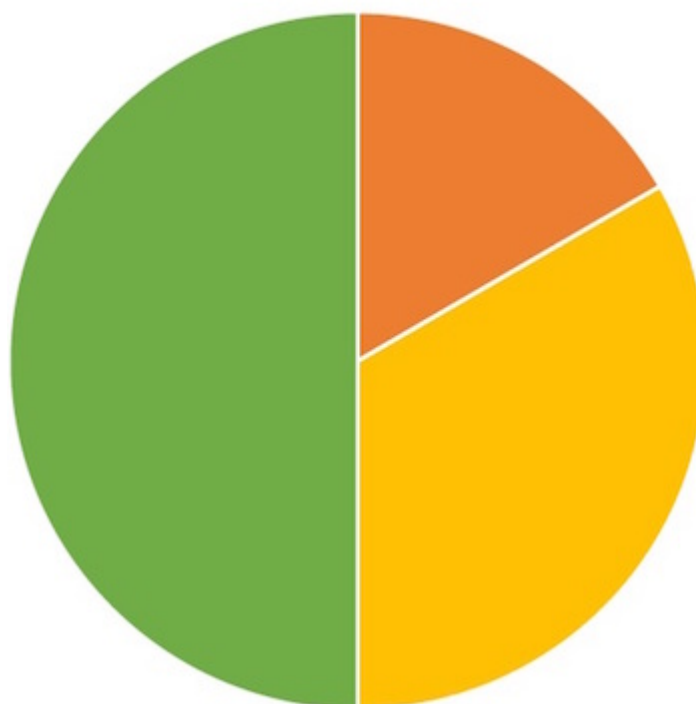
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In the following pie-chart, we have a percentage-wise representation of the amount of belief you have on your abilities. Kindly fill that sector of the pie-chart that you feel is suitable for you.

- If you have 100% belief on yourself, select green.
- If you have 75% belief on yourself, select yellow.
- If you have 25% belief on yourself, select brown.

Self-belief Chart



After you are done with the self-evaluation part, and have selected brown, think about what qualities would be needed in you and what changes would you have to make so that you can take yourself to the green block. List them down in the **Self-evaluation Table** provided below.

## Self-Evaluation Table

Colors	Changes Needed
Yellow	<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li></ul>
Brown	<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li></ul>