

SELF-CONFIDENCE WORKSHEET-1

http://www.tutorialspoint.com/self_confidence/self_confidence_worksheet_1.htm

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The following quiz will ask you a set of questions about how you rate yourself on different facets of human life. The questions are all on a True/False basis so the participant is instructed to self-evaluate before answering the questions.

After having taken a decision, put a tick on the box and introspect. The ideal time complete this activity is 10-15 minutes, however the participant can take additional time if he needs.

S.No.	Questions	True	False
1	I have difficulty in accepting myself the way I am.		
2	I constantly worry about changing my appearance.		
3	I am more worried about my failures to celebrate my successes.		
4	I think many people would not be fond of the real 'me'.		
5	I feel everyone is more confident and deserving than me.		
6	I avoid taking new projects and challenges as much as possible.		
7	I feel underrated around successful people.		
8	I am always worried about not making mistakes.		
9	I feel that I am incompetent and low on talent.		
10	I feel worthless.		

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Note – If the number of ticks you give yourself on the True column exceeds 5, you know you have to bring a drastic change in your self-image and confidence levels. People who get scores upwards of 7 should really seek assistance.