

Self-Confidence Worksheet - I

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.		