

CONFIDENT

how do you rate yourself?

HOW CONFIDENT ARE YOU OVERALL?

1 2 3 4 5

Not confident

Very confident

HOW OFTEN DO YOU TALK DOWN TO YOURSELF?

1 2 3 4 5 6 7 8 9 10

I never use
negative self-talk

I beat myself up
all the time

HOW STEADY IS YOUR CONFIDENCE?

1 2 3 4 5 6 7 8 9 10

Very up
and down

Very
steady

NAME SOME CONFIDENCE ROAD BLOCKS YOU HAVE