

Super Confidence Test

My Inner Confidence

Self-love

- I lead a well-balanced lifestyle that rarely damages either my physical or mental health
- I very rarely hold back from sharing my pride in my successes
- Anyone can tell from the way I run my life and my relationships that my own happiness is very important to me
- I enjoy being looked after by other people and always ask for support when I need it
- After meeting a failure or rejection, I routinely (and speedily) give myself a treat

Total ticks for Self Love : _

Self-knowledge

- If someone asked me to name my three greatest strengths, I could give him or her an instant reply
- I rarely worry about what is the right or wrong thing for me to do
- I am rarely surprised by my own reactions and feelings
- I nearly always know what I am capable of achieving
- I am rarely disappointed by myself

Total ticks for Self-knowledge: _____

Clear direction

- Unless I am on holiday, I make a prioritised 'To Do' list each day
- I enjoy setting myself challenging targets
- I spend more time looking forward to the future than looking back at the past
- I can easily link my goals for this week to my big life-dream
- I know what I want from my relationships even if I can't always get it

Total ticks for Clear direction: _____

Positive thinking

- Everyone who knows me well would describe me as an optimist
- I trust the vast majority of people until I have a good reason not to do so
- When I meet a problem, I never sink for long into a despairing mood because I believe that a solution will be found or I will find a way to live with the new circumstances.
- I don't worry for long when confronted with change because I am usually too busy making plans of how best to cope
- When I meet a setback, I always reflect on what I have learned from the experience

Total ticks for Positive Thinking: _____

My Outer Confidence

Communication skills

- People rarely ask me to explain the meaning behind messages I send or comments I make
- I can always find something to talk about with most people
- People tell me that I am a very good listener
- I'm good at picking up what people are feeling, even when they are trying to hide their emotions
- I can present ideas, talk about my interests and tell stories in an interesting and lively way

Total ticks for Communication Skills: _____

Self Presentation

- I know exactly the kind of clothes that suit me
- When shopping for clothes or accessories, I always think more about how to highlight my strengths rather than cover up my weaknesses
- I always know or find out what is the best dress code for different occasions and am happy to adapt my style so that it is appropriate
- From observing my home and workspace it would be easy to tell what kind of person I am
- People often tell me I look great or that what I am wearing suits me

Total ticks for Self Presentation: _____

Assertiveness

- I am not frightened of speaking my mind to most people
- You would rarely hear me moan when I meet an injustice; you would see me doing something about it
- People always know where they stand with me
- If I think someone is mad at me, I check it out and ask why
- I value and regularly ask for feedback from others

Total ticks for Assertiveness: _____

Emotional control

- Anxiety would never stop me from doing what I want to do
- I don't let my heart make decisions that my head knows are unwise
- I never snap angrily at the wrong person
- My tears come easily when I want to express my sadness, but I can control them when I need to do so
- When faced with another person who is expressing deep feelings, I am able to keep control over my own emotional responses

Total ticks for Emotional Control: _____

Grand Total (sum of all your ticks in the eight 8 sections) _____

How did you do?

40 ticks

x - indicates that you are currently feeling totally Super Confident. Why not use your current enviable state to help someone else boost their confidence.

32 - 39 ticks

- you are doing very well and probably only need to boost very few aspects

24 - 31 ticks

- first congratulate yourself on your strong points because you have many. Then choose no more than three areas to strengthen

10 - 23 ticks

- your confidence is quite shaky so you need to take some prompt action. If you click links to my books, you will find information on the main subject areas covered by each. This will help you decide which ones will help you most at the present time. The books will act as your guide as they are written as self-help programmes and are full of exercises, strategies and quick tips.

0 - 9 ticks

- I suggest that you start with reading Super Confidence which will give you an overview on the subject. Mark the sections which resonate with you. Then, I suggest that you first find a good friend with whom to discuss the book and your thoughts about it. Ask them to help you decide where would be the best place to begin. They could perhaps set you a small, easily achievable challenge. This should have given you enough of a boost to encourage you to take on the raising of your confidence in areas which the test identified as your weak areas.