

How Self-Confident Are You?

Instructions

For each statement, mark the circle in the column that best describes you. Please answer questions as you actually are (rather than how you think you should be), and don't worry if some questions seem to score in the 'wrong direction'. When you are finished, calculate your results to get your overall score by adding up your responses.

	Not at All 1	Rarely 2	Sometimes 3	Often 4	Very Often 5
1 I do what I think is expected of me, rather than what I believe to be "right."	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 I handle new situations with relative comfort and ease.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 I feel positive and energized about life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 If something looks difficult, I avoid doing it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 I keep trying, even after others have given up.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 If I work hard to solve a problem, I'll find the answer.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7 I achieve the goals I set for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8 When I face difficulty, I feel hopeless and negative.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9 I relate to people who work very hard, and still don't accomplish their goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 People give me positive feedback on my work and achievements.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11 I need to experience success early in a process, or I won't continue.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12 When I overcome an obstacle, I think about the lessons I've learned.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13 I believe that if I work hard, I'll achieve my goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14 I have contact with people of similar skills and experience who I consider successful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Score Interpretation

Score 14-32: You probably wish you had more self-confidence! Take a closer look at all the things you've achieved in your life. You may tend to focus more on what you don't have, and this takes time and attention away from recognizing and using your skills and talents.

Score 33-51: You're doing an OK job of recognizing your skills, and believing in your abilities. But perhaps you're a little too hard on yourself, and this may stop you from getting the full benefit of your mastery experiences.

Score 52-70: Excellent! You're doing a fabulous job of learning from every experience, and not allowing obstacles to affect the way you see yourself. But you need to nurture your self-confidence, so use the tips below to ensure that your life remains full of validation and success.

How Self-Confident Are You?

Building Self-Confidence

No matter what your self-confidence level is right now, you can probably improve it. But you need to believe in yourself and your capabilities before anyone else will.

Bandura's theory of self-efficacy is a great place to start looking for ways to improve the way you see your abilities. According to the theory, there are four sources of self-efficacy:

- **Mastery experiences** – things you have succeeded at in the past.
- **Vicarious experiences** – seeing people who are similar to you succeed.
- **Social persuasion** – hearing from others that you're capable.
- **Emotional status** – staying positive and managing stress.

Key Points

Self-efficacy is an important part of self-confidence. The theory of self-efficacy says that high levels of it lead, by way of improved effectiveness, to greater success and personal satisfaction. Some people seem to be naturally confident, but most of us need to improve our confidence – and we have the power to do so.

Focus on the experiences in your life where you were successful. This can give you the ability to see the positive side of your mistakes and setbacks. Choose to believe in yourself, and surround yourself with other positive and confident people. The more you see the success of others, whose skills and abilities are similar to yours, the more likely you are to believe that you can also achieve that success. Combine all of this positive energy with great stress management strategies, and you'll soon improve your levels of personal confidence.

Learn More

Assessment and information provided on this handout was adopted from MindTools.com and retrieved from the resource article: How Self-Confident Are You? Improving Self-Confidence by Building Self-Efficacy

https://www.mindtools.com/pages/article/newTCS_84.htm