

**CONFIDENCE ASESMENT:**

Answer each statement with A, B or C, with A being 'agree', B standing for 'not sure' and C representing 'disagree'.

	<b>AGREE</b>	<b>NOT SURE</b>	<b>DISAGREE</b>
1. I enjoy learning new things and seek the opportunity to do so.	<b>A</b>	<b>B</b>	<b>C</b>
2. I feel proud of work I do on a daily basis.	<b>A</b>	<b>B</b>	<b>C</b>
3. I like myself, and feel that I am a nice person.	<b>A</b>	<b>B</b>	<b>C</b>
4. Criticism doesn't bother me.	<b>A</b>	<b>B</b>	<b>C</b>
5. I am good at many things.	<b>A</b>	<b>B</b>	<b>C</b>
6. It doesn't matter if I win or lose, as long as I do my best.	<b>A</b>	<b>B</b>	<b>C</b>
7. When I start something new, I am pretty sure I will succeed.	<b>A</b>	<b>B</b>	<b>C</b>
8. I am independent, but can ask for help if needed.	<b>A</b>	<b>B</b>	<b>C</b>
9. Being in a crowd doesn't bother me.	<b>A</b>	<b>B</b>	<b>C</b>
10. I can speak to large groups of people with ease.	<b>A</b>	<b>B</b>	<b>C</b>
11. I make friends easily.	<b>A</b>	<b>B</b>	<b>C</b>
12. When things change, I adapt easily.	<b>A</b>	<b>B</b>	<b>C</b>

See the result of your self-confidence test.

Each 'A-agree' is worth 10 points. Each 'B-not sure' is worth 2 points. Each 'C-disagree' is minus 2 points.

**If you scored 112 - 120**, you are swimming in self-confidence! Go get 'em, tiger! Be careful not to let your self-confidence turn into arrogance, though. Ego can be a dangerous thing, so don't confuse it with self-confidence.

**If you scored anywhere from 80 to 112**, you are a fairly self-confident

You might have a few hang-ups in certain situations (mull over any questions you didn't answer with 'agree' to see where your weak spots are.)

**If you scored between 56 and 80**, you have some issues you may need to work on. Consider taking some classes or doing exercises in self-confidence to improve.

**If you scored 56 or below** on the self-confidence quiz, you probably have self-esteem issues as well as self-confidence issues - and they are probably linked. Working on one will help you with the other.