

## SELF-ESTEEM CONFIDENCE INDICATOR

Confidence is the degree to which you believe that you can meet challenges and *can live the life you choose and deserve*. You can differentiate between circumstances over which you have *some control*, and those which are *beyond your control*. *Take action where you can, let go when you cannot, and rehearse past successes in your mind daily.*

How often in the past 2 months have you experienced the following?

0 = never;    2 = most months;    4 = most weeks;    6 = most days

NO	QUESTION	RATING						
1	I am easy to get on with and like	0	1	2	3	4	5	6
2	I am able to negotiate my wants	0	1	2	3	4	5	6
3	I feel very much in charge of my life	0	1	2	3	4	5	6
4	I have the ability to make things happen	0	1	2	3	4	5	6
5	I am sure of what I want and go for it	0	1	2	3	4	5	6
6	I enjoy being responsible for things	0	1	2	3	4	5	6
7	If I think about my life, I feel quite satisfied	0	1	2	3	4	5	6
8	I feel I am readily able to overcome adverse circumstances	0	1	2	3	4	5	6
9	I believe I can have a positive influence even in the face of beaurocracy	0	1	2	3	4	5	6
10	The life I deserve is within my grasp	0	1	2	3	4	5	6
11	I enjoy receiving compliments, without allowing myself to become arrogant	0	1	2	3	4	5	6

### SCORING:

(Burnout: 0-42); (Pressure: 43-52); (Balancing: 53-62); (Optimal: 63-66)