



Confident You Quiz

By
YvonneB
Chief Confidence Officer

The Confident You Quiz

- *Do you find yourself procrastinating when it comes to doing something different in your life?*
- *Are you in a job that you hate but feel you 'can't' do anything about?*
- *Do you struggle with building relationships of any sort, caught up in 'what others might think' of you mode?*
- *Have you been trying to take better care of yourself but finding it unsustainable?*

If you've said yes to any of the above, chances are your self-confidence, or lack thereof, could be getting in the way.

The thing is, these feelings don't suddenly disappear, not even after reading a ton of personal development books. Rather, they have a habit of compounding and before you know it you're **convinced** things couldn't be any different even if you tried.

In this quiz, you're going to answer 7 simple questions based on different areas of your life.

Please note, there are no right/wrong answers; only the truth as you see it. The aim is to help you realise how low self-confidence might be standing in the way of you and your life goals.

Scoring Each Question

Focusing on the last 60-120 days of your life, rate the positive steps you have taken to experience life fully in each area.

1 equals 'I've done nothing different' and **5** equals 'I am constantly doing different things to experience life fully in this area'.

Career/Business

As I focus on my job/business I score the improvements I have made in the last 60-120 days as:

1 2 3 4 5



Finances

As I focus on my wealth I score the improvements I have made in the last 60-120 days as:

1 2 3 4 5



Health & Wellbeing

As I focus on my health & well-being I score the improvements I have made in the last 60-120 days as:

1 2 3 4 5



New Experiences

As I focus on taking up new challenges I score the improvements I have made in the last 60-120 days as:

1

2

3

4

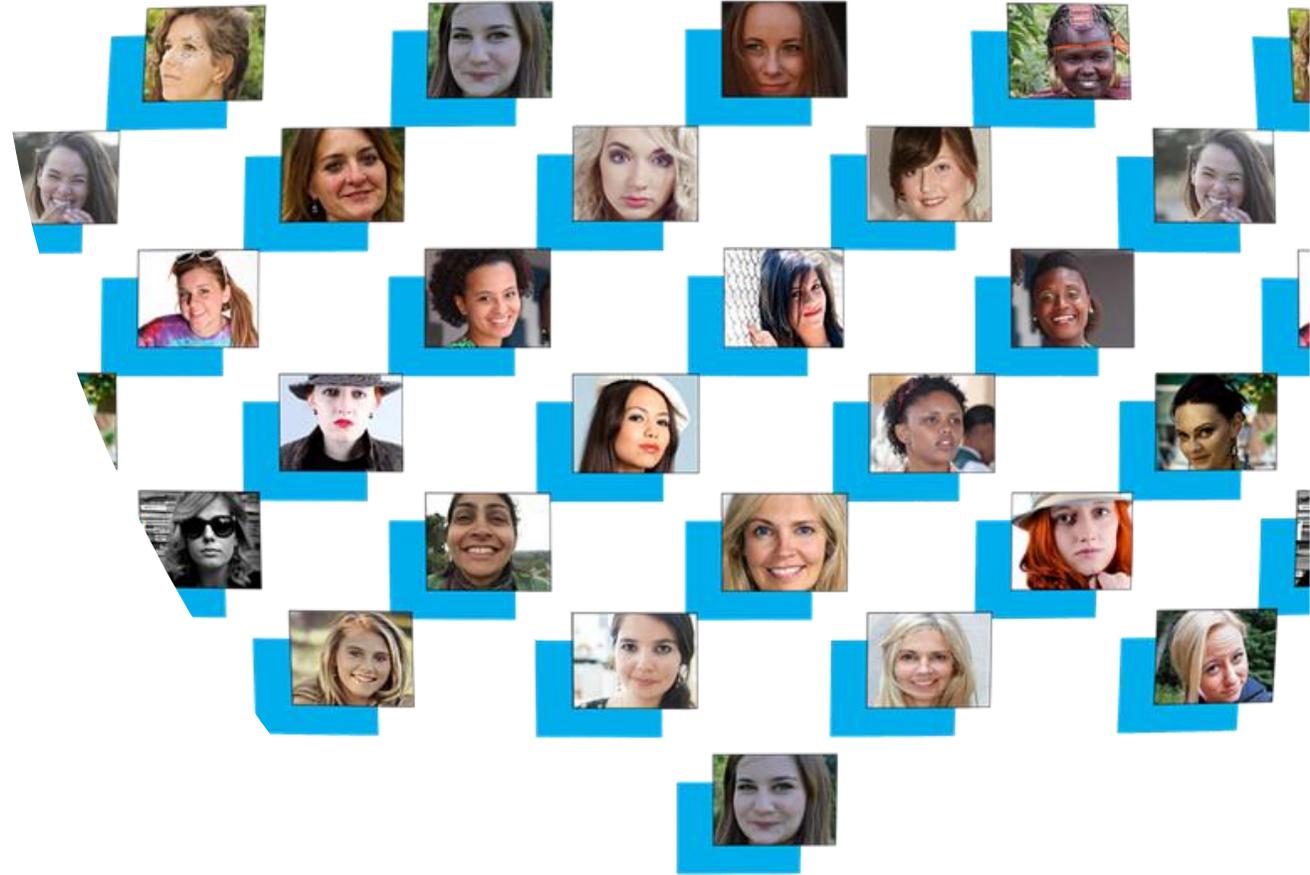
5



Relationships

As I focus on my relationships (family, friends, business) I score the improvements I've made in the last 60-120 days as:

1 2 3 4 5



Mindset

As I focus on my mindset; challenging my beliefs / behaviours I score improvements I've made in the last 60-120 days as:

1 2 3 4 5



Fun

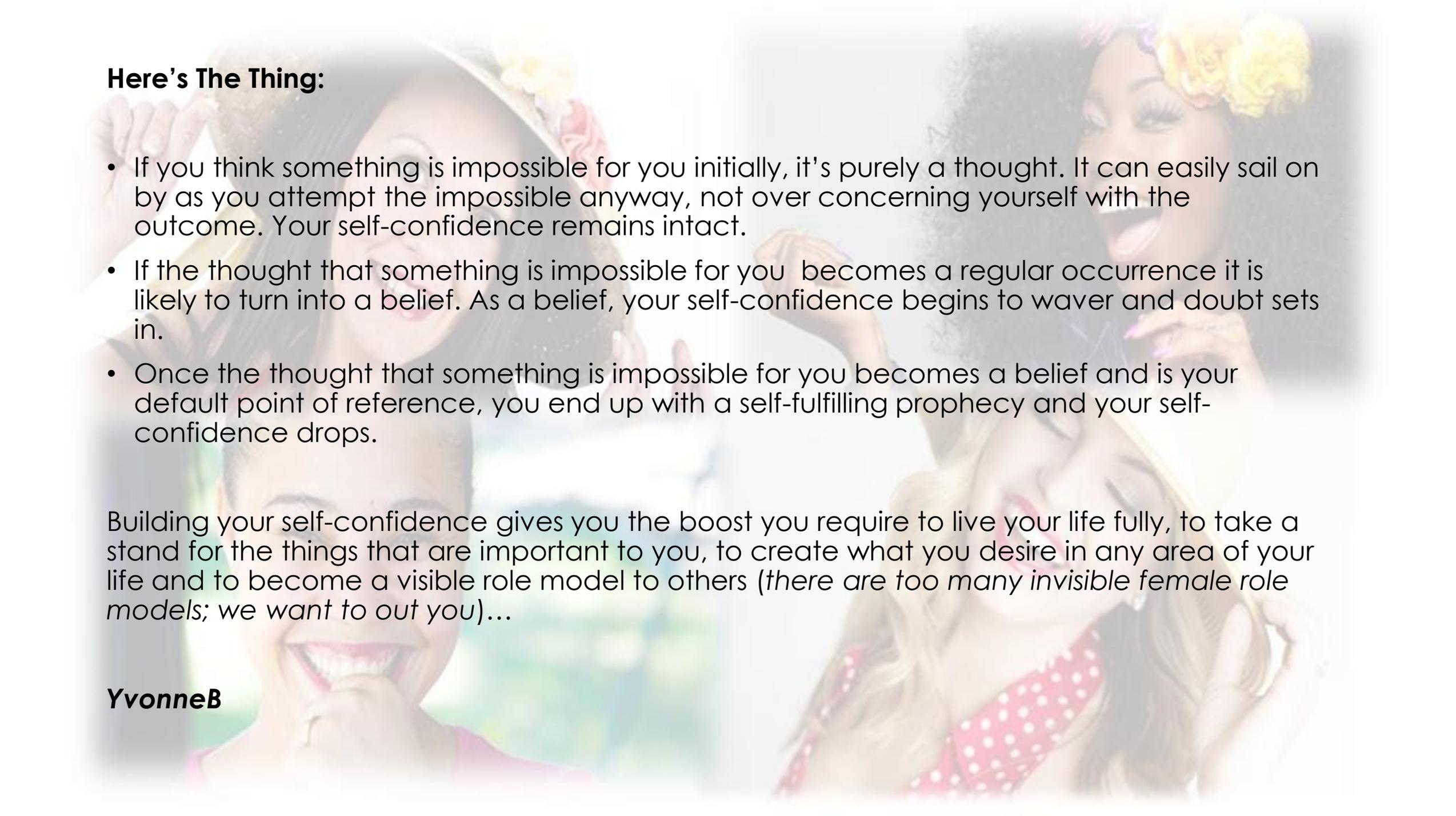
As I focus on the amount of fun I've had I score the improvements I have made in the last 60-120 days as:

1 2 3 4 5



Results

- Where there has been no or very little change in that life area over the timespan (marks of 1-2), it is likely your self-confidence is holding you back. It might be in a specific area or across most of them. Either way, attention needs to be given to building your self-confidence.
- Where there have been signs of noticeable shifts in one or some areas of your life (consistent marks of 3) it's likely that you are gaining self-confidence. However, think about what action you are taking versus what action you could be taking? How much room for more impactful action is there? And if you're not taking it, what is holding you back?
- Where there's major shifts happening in one or more areas of your life (marks of 4-5), chances are you are rocking your confidence! Check to see if that's happening in all areas of your life and if not, why not? What's driving you, day after day, in some areas and not in others? What would it take to get that level of confidence across the board?
- These recent past reference points offer an indication of what you see as possible for you. If there's little or no evidence that *significant change* has occurred in **ALL AREAS OF YOUR LIFE** within the timeframe stipulated, it's likely you're stuck and you lack the self-confidence to *make the changes necessary to take you to the next level.*
- *And if you are where you were a year ago, no change at all or possibly worse, then you are in low self-confidence land and need a way out!*



Here's The Thing:

- If you think something is impossible for you initially, it's purely a thought. It can easily sail on by as you attempt the impossible anyway, not over concerning yourself with the outcome. Your self-confidence remains intact.
- If the thought that something is impossible for you becomes a regular occurrence it is likely to turn into a belief. As a belief, your self-confidence begins to waver and doubt sets in.
- Once the thought that something is impossible for you becomes a belief and is your default point of reference, you end up with a self-fulfilling prophecy and your self-confidence drops.

Building your self-confidence gives you the boost you require to live your life fully, to take a stand for the things that are important to you, to create what you desire in any area of your life and to become a visible role model to others (*there are too many invisible female role models; we want to out you*)...

YvonneB