



# elizabeth juffs



## Confidence Quiz

Answer each question quickly and honestly. Grade your answer out of 5:

0 \_\_\_\_\_ 5  
 Don't agree at all completely Agree

Statement	Score
I believe in myself and my ability to succeed	
I feel good about myself	
I only talk to myself in positive tones	
I know what I want to achieve in life	
I am fully aware of my strengths and abilities	
I expect the best	
I set myself realistic goals	
I don't need the approval of others	
I enjoy every day	
I don't have one set of rules for others and a different, higher one for myself	
I am aware of, and feel good about, all my achievements	
I love myself	
I have good relationships with family, friends and colleagues	
I appreciate what I have in my life	
My thoughts are mostly positive	

I easily 'let go' of my mistakes	
I accept help from others	
I have a support network of positive family members or friends	
I find regular opportunities to have fun	
I smile every day	

### Scoring

<b>80+</b>	Congratulations! You probably feel confident in most situations
<b>50+</b>	You feel confident at times, but may experience self-doubt in some situations
<b>Below 50</b>	Your confidence levels tend to be low. Taking steps now to boost your confidence will have long-term positive effects on you and your life

Get in touch today for a free consultation to discover how I can help you boost your confidence. Email me at [elizabeth@elizabethjuffs.co.uk](mailto:elizabeth@elizabethjuffs.co.uk) or phone 0115 925 2552 (+44 115 925 2552 outside UK)

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