

Confidence Self-Assessment

Purpose:

This self-assessment helps you evaluate your current confidence levels across key leadership dimensions. Rate yourself honestly and use the insight gained to identify areas of strength and opportunities for growth. Repeat after completing this kit or another growth cycle.

Part 1: Self-Rating

Rate yourself from 1 to 5 on each statement below:

1 = Not confident at all 2 = Rarely confident 3 = Sometimes confident

4 = Often confident 5 = Consistently confident

Dimension	Statement	Score (1-5)
Clarity of Purpose	I know who I am and what I bring to the table.	
Courage to Speak Up	I voice my ideas, needs, and boundaries without apology.	
Emotional Resilience	I bounce back from criticism, failure, or setbacks with growth.	
Presence and Posture	I show up with energy, professionalism, and strength—even under pressure.	
Decision-Making Confidence	I trust my judgment, even when others may disagree.	
Vocal and Verbal Confidence	I express myself clearly in conversations, meetings, and public settings.	
Authenticity	I feel free to be myself in both professional and personal spaces.	
Follow-Through	I take consistent action toward my goals without needing external validation.	
Total Score		

Scoring Insight:

Total Score	Confidence Insight
8-16	Room to Grow – Let us build your foundation.
17-28	Emerging Strength – Your confidence is building.
29-35	Confident Core – You're solid and steady.
36-40	Audacious Leadership – You're showing up boldly and consistently.

Next Steps:

- Highlight one area you would like to improve first.

- What action will you take this week to grow in this area?
