

Self-Confidence Assessment Workbook

This workbook is a gentle mirror for your mind and heart. It is not a test you can pass or fail. It is a reflective space to understand how you show up in your life — and how you want to grow.

As you move through the questions, slow down. Notice your feelings, your hesitations, and your strengths. Confidence deepens when we listen to ourselves with honesty and kindness.

How to Use This Workbook

For each question, rate your confidence on a scale from 1 to 5:

- 1 – Not confident at all
- 2 – Slightly confident
- 3 – Moderately confident
- 4 – Quite confident
- 5 – Very confident

After every 10 questions, pause and journal in the space provided. There is no right or wrong answer — only your truth.

Your Self-Confidence Assessment

1. On a scale of 1–5, how confident do I feel about speaking up at work?
2. On a scale of 1–5, how confident do I feel about speaking up with friends?
3. On a scale of 1–5, how confident do I feel about speaking up with family?
4. On a scale of 1–5, how confident do I feel about speaking up in a group?
5. On a scale of 1–5, how confident do I feel about speaking up online?
6. On a scale of 1–5, how confident do I feel about speaking up in public?
7. On a scale of 1–5, how confident do I feel about speaking up with strangers?
8. On a scale of 1–5, how confident do I feel about speaking up in meetings?
9. On a scale of 1–5, how confident do I feel about speaking up in school?
10. On a scale of 1–5, how confident do I feel about speaking up in my community?

Reflection Journal — Questions 1 to 10

- What did I notice about my confidence in these questions?

• Where did I feel strongest — and why?

• Where do I want to grow next?

- 11. On a scale of 1–5, how confident do I feel about asking for help at work?
- 12. On a scale of 1–5, how confident do I feel about asking for help with friends?
- 13. On a scale of 1–5, how confident do I feel about asking for help with family?
- 14. On a scale of 1–5, how confident do I feel about asking for help in a group?
- 15. On a scale of 1–5, how confident do I feel about asking for help online?
- 16. On a scale of 1–5, how confident do I feel about asking for help in public?
- 17. On a scale of 1–5, how confident do I feel about asking for help with strangers?
- 18. On a scale of 1–5, how confident do I feel about asking for help in meetings?
- 19. On a scale of 1–5, how confident do I feel about asking for help in school?
- 20. On a scale of 1–5, how confident do I feel about asking for help in my community?

Reflection Journal — Questions 11 to 20

• What did I notice about my confidence in these questions?

• Where did I feel strongest — and why?

• Where do I want to grow next?

21. On a scale of 1–5, how confident do I feel about setting boundaries at work?
22. On a scale of 1–5, how confident do I feel about setting boundaries with friends?
23. On a scale of 1–5, how confident do I feel about setting boundaries with family?
24. On a scale of 1–5, how confident do I feel about setting boundaries in a group?
25. On a scale of 1–5, how confident do I feel about setting boundaries online?
26. On a scale of 1–5, how confident do I feel about setting boundaries in public?
27. On a scale of 1–5, how confident do I feel about setting boundaries with strangers?
28. On a scale of 1–5, how confident do I feel about setting boundaries in meetings?
29. On a scale of 1–5, how confident do I feel about setting boundaries in school?
30. On a scale of 1–5, how confident do I feel about setting boundaries in my community?

Reflection Journal — Questions 21 to 30

- What did I notice about my confidence in these questions?

- Where did I feel strongest — and why?

- Where do I want to grow next?

31. On a scale of 1–5, how confident do I feel about sharing my ideas at work?
32. On a scale of 1–5, how confident do I feel about sharing my ideas with friends?
33. On a scale of 1–5, how confident do I feel about sharing my ideas with family?
34. On a scale of 1–5, how confident do I feel about sharing my ideas in a group?
35. On a scale of 1–5, how confident do I feel about sharing my ideas online?
36. On a scale of 1–5, how confident do I feel about sharing my ideas in public?
37. On a scale of 1–5, how confident do I feel about sharing my ideas with strangers?
38. On a scale of 1–5, how confident do I feel about sharing my ideas in meetings?
39. On a scale of 1–5, how confident do I feel about sharing my ideas in school?
40. On a scale of 1–5, how confident do I feel about sharing my ideas in my community?

Reflection Journal — Questions 31 to 40

- What did I notice about my confidence in these questions?

- Where did I feel strongest — and why?

- Where do I want to grow next?

41. On a scale of 1–5, how confident do I feel about saying no at work?
42. On a scale of 1–5, how confident do I feel about saying no with friends?
43. On a scale of 1–5, how confident do I feel about saying no with family?
44. On a scale of 1–5, how confident do I feel about saying no in a group?
45. On a scale of 1–5, how confident do I feel about saying no online?
46. On a scale of 1–5, how confident do I feel about saying no in public?
47. On a scale of 1–5, how confident do I feel about saying no with strangers?
48. On a scale of 1–5, how confident do I feel about saying no in meetings?
49. On a scale of 1–5, how confident do I feel about saying no in school?
50. On a scale of 1–5, how confident do I feel about saying no in my community?

Reflection Journal — Questions 41 to 50

- What did I notice about my confidence in these questions?

- Where did I feel strongest — and why?

- Where do I want to grow next?

51. On a scale of 1–5, how confident do I feel about leading a conversation at work?
52. On a scale of 1–5, how confident do I feel about leading a conversation with friends?
53. On a scale of 1–5, how confident do I feel about leading a conversation with family?
54. On a scale of 1–5, how confident do I feel about leading a conversation in a group?
55. On a scale of 1–5, how confident do I feel about leading a conversation online?
56. On a scale of 1–5, how confident do I feel about leading a conversation in public?
57. On a scale of 1–5, how confident do I feel about leading a conversation with strangers?
58. On a scale of 1–5, how confident do I feel about leading a conversation in meetings?
59. On a scale of 1–5, how confident do I feel about leading a conversation in school?
60. On a scale of 1–5, how confident do I feel about leading a conversation in my community?

Reflection Journal — Questions 51 to 60

- What did I notice about my confidence in these questions?

- Where did I feel strongest — and why?

- Where do I want to grow next?

- 61. On a scale of 1–5, how confident do I feel about making decisions at work?
- 62. On a scale of 1–5, how confident do I feel about making decisions with friends?
- 63. On a scale of 1–5, how confident do I feel about making decisions with family?
- 64. On a scale of 1–5, how confident do I feel about making decisions in a group?
- 65. On a scale of 1–5, how confident do I feel about making decisions online?
- 66. On a scale of 1–5, how confident do I feel about making decisions in public?
- 67. On a scale of 1–5, how confident do I feel about making decisions with strangers?
- 68. On a scale of 1–5, how confident do I feel about making decisions in meetings?
- 69. On a scale of 1–5, how confident do I feel about making decisions in school?
- 70. On a scale of 1–5, how confident do I feel about making decisions in my community?

Reflection Journal — Questions 61 to 70

- What did I notice about my confidence in these questions?

- Where did I feel strongest — and why?

- Where do I want to grow next?

- 71. On a scale of 1–5, how confident do I feel about trying something new at work?
- 72. On a scale of 1–5, how confident do I feel about trying something new with friends?
- 73. On a scale of 1–5, how confident do I feel about trying something new with family?
- 74. On a scale of 1–5, how confident do I feel about trying something new in a group?
- 75. On a scale of 1–5, how confident do I feel about trying something new online?
- 76. On a scale of 1–5, how confident do I feel about trying something new in public?
- 77. On a scale of 1–5, how confident do I feel about trying something new with strangers?
- 78. On a scale of 1–5, how confident do I feel about trying something new in meetings?
- 79. On a scale of 1–5, how confident do I feel about trying something new in school?
- 80. On a scale of 1–5, how confident do I feel about trying something new in my community?

Reflection Journal — Questions 71 to 80

- What did I notice about my confidence in these questions?

- Where did I feel strongest — and why?

- Where do I want to grow next?

- 81. On a scale of 1–5, how confident do I feel about admitting mistakes at work?
- 82. On a scale of 1–5, how confident do I feel about admitting mistakes with friends?
- 83. On a scale of 1–5, how confident do I feel about admitting mistakes with family?
- 84. On a scale of 1–5, how confident do I feel about admitting mistakes in a group?
- 85. On a scale of 1–5, how confident do I feel about admitting mistakes online?
- 86. On a scale of 1–5, how confident do I feel about admitting mistakes in public?
- 87. On a scale of 1–5, how confident do I feel about admitting mistakes with strangers?
- 88. On a scale of 1–5, how confident do I feel about admitting mistakes in meetings?
- 89. On a scale of 1–5, how confident do I feel about admitting mistakes in school?
- 90. On a scale of 1–5, how confident do I feel about admitting mistakes in my community?

Reflection Journal — Questions 81 to 90

- What did I notice about my confidence in these questions?

- Where did I feel strongest — and why?

- Where do I want to grow next?

91. On a scale of 1–5, how confident do I feel about celebrating my wins at work?
92. On a scale of 1–5, how confident do I feel about celebrating my wins with friends?
93. On a scale of 1–5, how confident do I feel about celebrating my wins with family?
94. On a scale of 1–5, how confident do I feel about celebrating my wins in a group?
95. On a scale of 1–5, how confident do I feel about celebrating my wins online?
96. On a scale of 1–5, how confident do I feel about celebrating my wins in public?
97. On a scale of 1–5, how confident do I feel about celebrating my wins with strangers?
98. On a scale of 1–5, how confident do I feel about celebrating my wins in meetings?
99. On a scale of 1–5, how confident do I feel about celebrating my wins in school?
100. On a scale of 1–5, how confident do I feel about celebrating my wins in my community?

Reflection Journal — Questions 91 to 100

- What did I notice about my confidence in these questions?

- Where did I feel strongest — and why?

- Where do I want to grow next?

Closing Reflection

Look back across your answers and journal pages.

Ask yourself:

- Where am I already confident?
- What small step can I take this week?
- Who can support me on this journey?

True confidence is not loud — it is steady. Keep returning to this workbook whenever you need clarity, courage, or renewal.