

# Dare to Be Confident

## Pre-Quiz



“Confidence is the only key. I can’t think of any better representation of beauty than someone who is unafraid to be herself.” -Emma Stone

How confident do you feel? Take this quiz to see where you stand.

*Directions: Read each statement below and put a ✓ in the column that best reflects how well that fits for you at this point in your life.*

<i>Confidence Qualities</i>	<i>Not Yet</i>	<i>Rarely</i>	<i>Often</i>	<i>I Got This</i>
I treat myself as I would a best friend.				
I believe I am unique and deserving of happiness.				
I know my strengths and talents and am proud of them.				
I actively seek out things I’m most interested in.				
I am comfortable with who I am.				
I know what is important for my happiness and success.				
I use positive and encouraging language towards myself.				
I deserve all the good things that life has to offer.				
I am involved in hobbies and activities that interest me.				
I take care of my physical, mental, emotional, and spiritual needs.				
I honor my values and priorities.				
I stand up for my needs, wants, and desires.				

The statements in the **Often** or **I Got This!** column are qualities you already possess...fantastic!!! The statements marked in the **Not Yet** or **Rarely** columns are behaviors that you can develop and strengthen as you work through the activities in this chapter. Be sure to retake the quiz at the end of the chapter to check your progress.

Do you treat yourself with kindness like you would treat a good friend? Or, are you your toughest critic, putting yourself down when you don’t meet your own or others’ expectations? In this chapter you’ll have the opportunity to embrace your Super Powers and to recognize your highest priorities. The activities throughout this section are designed to help you gain self-awareness by best understanding who you are. Through these exercises you will discover what makes you stand out and how to use your gifts with confidence and self-trust.