



# What Does Self-Confidence Mean to You?

*Let's explore what it means to be self-confident.*

► List the characteristics that indicate to you that a person is self-confident:

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► How would you rate your overall level of self-confidence in the following situations?

	<b>HIGH</b>			<b>LOW</b>	
At work	5	4	3	2	1
At a party or social event	5	4	3	2	1
Meeting people for the first time	5	4	3	2	1
Talking to your parents	5	4	3	2	1
Giving a presentation to a group	5	4	3	2	1
Talking to your children about sex	5	4	3	2	1
Meeting with child's teacher or principal	5	4	3	2	1
Talking to your doctor	5	4	3	2	1
Disciplining young children	5	4	3	2	1
Discussing an important matter with your spouse	5	4	3	2	1
Taking your car to a mechanic	5	4	3	2	1
Asking people to donate to a cause you support	5	4	3	2	1
Talking to your boss about your performance	5	4	3	2	1
Attending a business function with your spouse	5	4	3	2	1
Disciplining your teenager	5	4	3	2	1

► Thinking about situations in which you feel the most confident, what contributes to your high level of self-confidence?

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► Can you think of any ways to boost your self-confidence in the other situations?

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