

## Assessing Confidence

Today, how confident are you that you will be able to \_\_\_\_\_?

1	2	3	4	5	6	7	8	9	10
I do not think I will achieve my goal				I have a 50% chance of meeting my goal					I think I will definitely achieve my goal

What is needed to move your score up 1 point on this scale? \_\_\_\_\_  
\_\_\_\_\_

What has helped you to succeed in other areas of your life? \_\_\_\_\_  
\_\_\_\_\_

How can you apply your strengths to meeting this goal? \_\_\_\_\_  
\_\_\_\_\_

Name 2 practical things you need to do to meet this goal? \_\_\_\_\_  
\_\_\_\_\_