



## Amazing Success Life Coaching Practice

(A Division of Amazing Success Group)

[www.amazingsuccesscoach.com](http://www.amazingsuccesscoach.com), Tel.+44(0)7807036705 E. [info@amazingsuccesscoach.com](mailto:info@amazingsuccesscoach.com)

**The Confidence Evaluator by Dr Grace Ukala**

### **The Confidence Evaluator by Dr Grace Ukala.**

The Confidence Evaluator is an assessment to evaluate your current levels of confidence and self esteem.

Take the test, see what your scores are and then map out a plan of action to increase your scores over the next 2 months.

Rank your current levels of confidence in each area of your life. (If the sentence is true give yourself 1 point)

#### **Self Worth**

- I love my life and I am very happy
- I am a worthwhile person
- I love being me
- I don't feel like a failure
- I am as good as other people if not better
- I can laugh at myself
- I am a positive person
- I don't worry what others think of me
- I look in the mirror and like what I see
- I am good company to be around

Self Worth score out of 10 –

#### **Go for it!**

- I am not afraid of failure
- I don't beat myself up if I make mistakes
- I don't doubt my own ability
- I know what I want in life and am moving towards it
- I am in control of my life
- I know my strengths and weaknesses
- If things don't go my way I never give up
- I've succeeded in the past and I will succeed tomorrow
- My philosophy is "You only live once"
- I am always thinking of ways to be more successful

Go for it! score out of 10 -

#### **Communicating with others**

- I am a confident communicator
- I don't mind speaking in front of groups
- I am not afraid to say "NO" to others
- I don't get nervous when meeting strangers
- I can keep a conversation going
- I am not afraid to complain if I get bad services
- I am not frightened to speak up at meetings
- I have no problem asking for what I want on the telephone
- I have good interpersonal skills
- I am interested in what others have to say

Communicating with others score out of 10 –

#### **Having pleasure and fun!**

- I don't get nervous when I tell a joke
- I enjoy having fun and relaxing
- I take pleasure in my achievements
- I never think that when I experience pleasure it is undeserved
- I don't have to work hard at having fun
- When I succeed I never respond by feeling defensive or anxious
- If others don't like me having fun, that's tough!
- I make people laugh
- I regularly have fun
- I smile a lot

Having pleasure and fun score out of 10 -



## Amazing Success Life Coaching Practice

(A Division of Amazing Success Group)

[www.amazingsuccesscoach.com](http://www.amazingsuccesscoach.com), Tel.+44(0)7807036705 E. [info@amazingsuccesscoach.com](mailto:info@amazingsuccesscoach.com)

**The Confidence Evaluator by Dr Grace Ukala**

### Confidence at work

- I am in control of my career
- I don't doubt my ability to do a/the job
- I don't have a problem with talking to people higher up the organisation than me
- I don't have difficulty in saying "No"
- If I lost my job today I am confident that I would get one very soon
- I don't mind speaking in front of others
- I like to do presentations
- I should be in a much higher position at work
- I know my weaknesses and I have got a plan in place to improve them
- Criticism rarely fazes me

Confidence at work score out of 10 –

### Looking after yourself

- I take in exercise at least 3 times a week
- I lead a healthy lifestyle in terms of the food I eat and I do not abuse my body with excess alcohol
- I am happy with my appearance
- I regularly visit the Dentist, Optician and the Doctors for check ups
- I manage my stress levels by relaxing each and every day
- I have at least 3 holidays/breaks per year
- There are no outstanding issues or problems that have not been resolved or working towards being resolved.
- I do not chase my tail in terms of not having enough time
- I regularly treat myself each week to something I enjoy – clothes, cd's, massage, nails, hair, skin etc
- I regularly assess how I am looking after myself and put a plan in place to improve

Looking after yourself score out of 10 –

### Growth & Development

- I am constantly learning and growing
- I try out new things and activities all of the time
- I make plans to improve myself constantly
- I know what my goals are and I am eagerly and effectively making them a reality
- I enjoy variety
- I develop the people around me so that they are more successful in their lives
- I have all of the tools, aids, contacts and resources to make me a success
- I have a mentor who continually pushes me to achieve more
- I make events happen rather than wait for them to happen to me
- I regularly attend seminars, training courses and conferences to improve

Growth & Development score out of 10 –

### Unfinished Business!

- I am in control of my own life and my own destiny
- I could die right this moment with no regrets
- I am doing what I want, when I want
- I am really optimistic about the future
- There is nothing I am dreading or avoiding at this moment in time
- I have a plan in place to succeed in all that I do
- I am implementing my plan
- I have the energy and drive to succeed
- I am not afraid of making mistakes or failing at things
- I am now ready to give it all that it takes to succeed



## Amazing Success Life Coaching Practice

(A Division of Amazing Success Group)

[www.amazingsuccesscoach.com](http://www.amazingsuccesscoach.com), Tel.+44(0)7807036705 E. [info@amazingsuccesscoach.com](mailto:info@amazingsuccesscoach.com)

*The Confidence Evaluator* by Dr Grace Ukala

Unfinished Business score out of 10 –

**Your overall scores:**

Area	Score
Self worth	
Going for it!	
Communication	
Pleasure & fun	
Work confiden.	
Looking after.	
Growth	
Unfinished Bus	
<b>TOTAL</b>	

Put your overall scores in the table above and highlight the areas of your confidence that need the most work.

Jot down below the **top 5** activities that you are going to start on immediately. What jumped out at you from completing the assessment?

1.

2.

3.

4.

5.

**So, what was your score?**

Use the chart below to see what confidence league you are in!

Points	League
70-80	Premier League
60-69	Division 1
40-59	Division 2
00-39	Division 3

### Premier League

You should be writing material not taking tests! You win the championship every single year.

### Division 1

Huge potential to jump into the big league. Need to polish your skills in a couple of areas to get promotion.

### Division 2

Playing to a good standard but are underachieving. You have spouts of confidence and then doubts creep in. You need more consistency overall.



## Amazing Success Life Coaching Practice

(A Division of Amazing Success Group)

[www.amazingsuccesscoach.com](http://www.amazingsuccesscoach.com), Tel.+44(0)7807036705 E. [info@amazingsuccesscoach.com](mailto:info@amazingsuccesscoach.com)

*The Confidence Evaluator by Dr Grace Ukala*

### Division 3

The only way is up. Sack the current manager and recruit a new one with a proven track record. Make a fresh start from this moment onwards and nothing will stop you.

### **TAKE ACTION NOW!**

You owe it to yourself to have as much happiness in your life as you can, do something about it today.

**Contact us today!**