

*CONFIDENCE
AND
CLARITY*

Assessment

Confidence and Clarity Assessment

This assessment is designed to help you reflect on your current level of confidence and clarity in different areas of life. By understanding where you stand, you can begin to make conscious shifts toward self-assurance and alignment with your goals.

Confidence & Clarity Self-Reflection Questions

1. On a scale of 1-10, how confident do you feel in yourself right now? Why?
2. What situations make you feel the most confident?
3. What situations tend to shake your confidence?
4. What are three qualities about yourself that you truly appreciate?
5. When making decisions, do you trust your intuition or second-guess yourself?
6. What areas of your life feel the most unclear or uncertain?
7. What does clarity mean to you, and how does it show up in your life?
8. How do you react when facing a challenge or stepping outside your comfort zone?
9. What affirmations or mindset shifts could help you build more confidence?
10. What steps can you take today to gain more clarity and confidence in your path?

Final Thoughts

Building confidence and clarity is an ongoing journey. Use this assessment as a tool for self-reflection, and remember that each step forward, no matter how small, brings you closer to your most empowered self.