

The Confidence Strength Scorecard



Creative Business Suite

We see the great side of you

Welcome to the Creative Business Suite!

Hurray!

Congratulations. You decided to take a leap, even though you were not completely sure of what was waiting on the other side. This is exactly what confident people do. They trust their intuition and stop second guessing their ability! This score card will show you what and who you need to be, to step up your confidence levels. You will be able to score yourself, based on the attributes that you know you already possess from the list of attributes in the scorecard, Once you know where you stand on the radar, you can now begin to learn the qualities and attributes that you need, to fully manifest into the confident, bold and energetic being, that you were created to be.

Use the scorecard as a reference point, to see where you need to practise and learn new qualities, whenever you feel so.

Confidence is not always in-born. It can be learned and earned. So, look through the list and score yourself honestly, based on confidence strength. Make a decision to replace what you lack in confidence with the alternative provided. For example, if you don't like to try new ideas and close in on old habits and familiar situations, because you don't know whether you can achieve or do something new. Then challenge yourself with taking a tiny step towards that thing. That tiny step you took will boost your confidence to an extent and you can begin to eliminate the self-doubt holding you on, gradually.

Also, ensure to print this document, to use as a guide to measure and set your confidence strengths.

To a more confident, fulfilled and vibrant You!

Mutiat Adebowale





Self Confidence	Low Self-Confidence
Effective management of negative thoughts	Encourage Negative self-talk
Brave	Timid
Go-getter	Avoid Challenges
Thinks things through moderately	Asks permission or validation from others, directly or indirectly
Assertive	Defensive
Enjoy self-love	Seeks other's love and attention
Effective listener	Always want to be the one speaking or at the centre of attraction.
Freely asks for help	Likes to show up as 'know it all'
Efficient and effective leader	Pushy non-supportive leader
Make room for others to shine	Always craving credit and recognition
Not afraid to be wrong	Seeks perfection
Action /risk taker/Ambitious	Procrastinator/making excuses
Poise	Lack poise/imbalance
Keep a level head	braggadocios
Keep eye contact	Shy
Good appearance	Self-conscious
Positive self-image	Self-doubt /diffident
Self -awareness	Lack self-awareness
Self-belief	Greatly doubt own abilities
Love to try out new things	Restrictive/self-repression
Problem solving	Emotional Breakdown