



Audacity Self-Assessment Tool

This survey is designed to help you reflect on how well you embody the principles of Honor Thyself, Be Thyself, Dare Thyself, and Love Thyself. Each principle is central to cultivating a life of authenticity, courage, and self-respect. **Please rate each statement on a scale of 1 to 5, where 1 indicates "Strongly Disagree" and 5 indicates "Strongly Agree."**

1. Honor Thyself

1

2

3

4

5

Honoring oneself involves respecting your emotions, voice, and actions, even in the face of adversity. It means standing up for your beliefs and values, while also honoring others.

Survey Statements:

- I speak up for myself, even when it's uncomfortable.
- I respect my emotions and take time to understand what they are telling me.
- I stay true to my values, even when others disagree.

2. Be Thyself

Survey Statements:

Being yourself means embracing your authentic self, including your strengths and flaws. It involves being accepted by those around you for who you truly are.

- I feel comfortable expressing my true thoughts and feelings to others.
- I surround myself with people who accept me for who I am.
- I rarely modify my actions or words just to gain acceptance from others.

3. Dare Thyself

Survey Statements:

Daring yourself involves taking risks to pursue your desires, engaging in brave conversations, and stepping out of your comfort zone. Daring oneself fosters confidence and growth.

- I take risks to pursue my goals, even when I'm unsure of the outcome.
- I have brave conversations, even when they might be difficult.
- I challenge myself to step out of my comfort zone regularly.

4. Love Thyself

Survey Statements:

Loving oneself involves respecting how you treat, speak to, and think about yourself. It also means accepting only what aligns with your sense of self-worth, including the people and environments you allow in your life.

- I speak kindly to myself and practice self-compassion.
- I make choices that reflect my self-worth and what I believe I deserve.
- I surround myself with environments and people that uplift and respect me.

Total Score: Add up all the responses across all principles. Interpretation:

- 48-60: Strong sense of self and healthy self-perception. You embody the principles of audacity and authenticity.
- 36-47: Moderate sense of self with room for growth. Consider areas where you may be holding back or compromising.
- Below 36: Opportunity for deeper self-reflection and growth. Consider how you can more fully honor, be, dare, and love yourself.