

SURVEY

AUTHENTIC CONFIDENCE

"Don't compare yourself to others, only to the person you were yesterday." — Karina Halle

How not to use this survey: Avoid comparing your scores with others or using this test to benchmark against a standard norm. This assessment is meant for personal reflection and growth, not for external comparison.

How to use this survey: Track your progress by comparing your scores before and after taking the *Authentic Confidence* online course. This will help you understand the impact of the course on each area of authentic confidence and your overall development.

For each statement on the next pages, rate yourself on a scale from 1 to 5:

- 1 = *Strongly disagree*
- 2 = *Disagree*
- 3 = *Neutral*
- 4 = *Agree*
- 5 = *Strongly agree*

After completing the survey, add up your points for each layer and calculate your overall score.

Overall score before doing the course:

Date: _____

Overall score after doing the course:

Date: _____

Authentic Confidence Survey

Self-Awareness

	1	2	3	4	5
1. I am able to observe my emotions, thoughts, and inner dialogue (e.g., inner critic) from a distance rather than being consumed by them.	☐	☐	☐	☐	☐
2. I understand how my core beliefs shape my perception of the world and am capable of examining them critically.	☐	☐	☐	☐	☐
3. I regularly reflect on my thoughts, emotions, and experiences to understand myself better (e.g., through journaling).	☐	☐	☐	☐	☐
4. I am in tune with my physical body and its cues (e.g., energy levels, heartbeat, hunger, pain, gut feeling, etc.).	☐	☐	☐	☐	☐
5. I am aware of the ways in which I might be sabotaging my own well-being and success in life.	☐	☐	☐	☐	☐
6. I know myself well and am aware of my needs, preferences, opinions, etc.	☐	☐	☐	☐	☐
7. I am aware of my values, passions, and dreams/visions/goals for my future.	☐	☐	☐	☐	☐
8. I am aware of the impact of my childhood and teenage experiences on my adult self.	☐	☐	☐	☐	☐
9. I am able to enjoy and savor the present moment.	☐	☐	☐	☐	☐
10. I feel comfortable spending time alone.	☐	☐	☐	☐	☐

Authentic Confidence Survey

Self-Acceptance

	1	2	3	4	5
1. I am willing to be vulnerable and courageous in expressing my true self, both to myself and to the world.	☐	☐	☐	☐	☐
2. My self-worth doesn't depend on other people's approval or external validation.	☐	☐	☐	☐	☐
3. I generally accept myself just as I am (including all my strengths and flaws).	☐	☐	☐	☐	☐
4. I believe that I have the power to change the trajectory of my life for the better.	☐	☐	☐	☐	☐
5. I am able to tame my inner critic and distance myself from it.	☐	☐	☐	☐	☐
6. I generally treat myself with kindness, compassion, and respect.	☐	☐	☐	☐	☐
7. I believe that I am worthy of love, happiness, and belonging.	☐	☐	☐	☐	☐
8. I generally talk to myself like I'd talk to a good friend.	☐	☐	☐	☐	☐
9. I am able to heal and nurture my inner child.	☐	☐	☐	☐	☐
10. I generally feel at peace with myself.	☐	☐	☐	☐	☐

Authentic Confidence Survey

Self-Allyship

	1	2	3	4	5
1. I am nurturing my body and mind with adequate sleep, movement, hydration, and nutrition.	☐	☐	☐	☐	☐
2. I regularly practice self-care and treat myself as someone I love and am responsible for.	☐	☐	☐	☐	☐
3. I am able to calm and regulate my nervous system (e.g., through breathing techniques).	☐	☐	☐	☐	☐
4. I am able to let go of what no longer serves me to make room for new opportunities.	☐	☐	☐	☐	☐
5. I am setting boundaries for myself that support my mental and physical well-being.	☐	☐	☐	☐	☐
6. I am taking small steps towards my goals and keep the promises I make to myself.	☐	☐	☐	☐	☐
7. I practice what I preach, uphold my values, and live my life with integrity.	☐	☐	☐	☐	☐
8. If I have to choose, I choose disappointing others over betraying myself.	☐	☐	☐	☐	☐
9. I take full responsibility for my life and make intentional choices.	☐	☐	☐	☐	☐
10. I make time for rest, creativity, and playfulness in my life.	☐	☐	☐	☐	☐

Authentic Confidence Survey

Self-Actualization

	1	2	3	4	5
1. I would describe myself as "being in the arena of life" rather than standing on the sidelines.	☐	☐	☐	☐	☐
2. I approach challenges with a growth mindset and see setbacks as opportunities to grow.	☐	☐	☐	☐	☐
3. I regularly step outside of my comfort zone and challenge myself to grow as a person.	☐	☐	☐	☐	☐
4. I am actively making time for pleasurable or meaningful activities that bring me joy.	☐	☐	☐	☐	☐
5. I regularly engage in activities or topics that I feel enthusiastic or passionate about.	☐	☐	☐	☐	☐
6. I take my dreams and aspirations seriously and actively work on realizing them.	☐	☐	☐	☐	☐
7. I mostly choose authenticity over conformity, even when it feels vulnerable.	☐	☐	☐	☐	☐
8. I am investing time to develop skills or knowledge that I find valuable.	☐	☐	☐	☐	☐
9. I usually confront and address my fears rather than avoiding them.	☐	☐	☐	☐	☐
10. I set specific goals and take deliberate actions to achieve them.	☐	☐	☐	☐	☐