



CONFIDENCE *vs.* OVERCONFIDENCE

Self-Assessment

AWARENESS
NOT ARROGANCE.

CONFIDENCE
NOT COMPLACENCY.

PREPARED
NOT PARANOID.

Confidence is knowing you are prepared.

Overconfidence is assuming nothing will happen to you.

Answer each question honestly. Tally your score to see where you fall.

CHECK YOUR HABITS	YES	SOMETIMES	NO
1 Do you walk while looking at your phone?	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
2 Do you notice exits when you enter a building or store?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
3 Do you pay attention to who is around you?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
4 Do you trust your intuition when something feels "off"?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
5 Do you vary your routine when possible?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
6 Do you know how to defend yourself if needed?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
7 Do you carry something for your protection?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
8 Do you keep your distance from strangers?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
9 Do you walk with purpose and confidence?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
10 Do you avoid isolated areas when possible?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
11 Do you have a safety plan for emergencies?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
12 Do you know who you would call for help?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
13 Do you keep your doors locked and check your surroundings?	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2
14 Do you assume "it won't happen to me"?	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
15 Do you feel overconfident in unfamiliar situations?	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0

SCORING

Add up your total score and find your color code.

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0-5



AWARE & PREPARED

You have strong awareness habits and make smart safety choices. Keep reinforcing them every day.

6-15



ROOM TO STRENGTHEN

You're on the right track, but inconsistency could leave you vulnerable. Build stronger daily habits.

16-30



OVERCONFIDENT & AT RISK

Your confidence may be putting you in danger. It's time to reset, refocus, and level up your safety.



AWARE TODAY.
PROTECTED TOMORROW.

You are the first line of your safety.

BE AWARE. BE PREPARED. BE UNSTOPPABLE.

