

CONFIDENCE

9TH - 12TH GRADES

1. I feel that I can do the things I set out to do, even when they're challenging.

Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
<input type="checkbox"/>				

2. Most days, I feel happy.

Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
<input type="checkbox"/>				

3. I like myself.

Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
<input type="checkbox"/>				

4. What do you like about yourself?

5. Can you think of someone who is confident? How do you know that person is confident? Give some examples of how this person has shown confidence.

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6. How much do you value:				
	Don't value	Value a little	Value	Value a lot
Doing well at school				
Doing well at my interest in:				
Doing well at my interest in:				
Doing well in the way I look				
Doing well at being liked				
Knowing how to follow the rules of home, family and school				
Doing well at having close friendships				
Doing well at romantic relationships				
Doing well at developing job skills				
7. Check how confident you are in:				
	Not confident	Slightly confident	Mostly confident	Very confident
School				
My interest in:				
My interest in:				
The way I look				
Being liked				
Following the rules of home, family and school				
Having close friendships				
Romantic relationships				
Developing job skills				

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8. Describe specific times when you felt confident enough to state your opinion. How did those moments feel?

9. How could your confidence be used to help you work on something that's hard?

Confidence is having the feeling that you will be able to do what you set out to do. True confidence is built upon believing in yourself and valuing your talents and abilities; • applying your strengths to areas of self-doubt or things that are hard to change; • working to enhance skills; • and standing up for what you believe. Confidence is having a realistic and optimistic awareness of yourself and your opportunities.

8. Overall, I have optimal confidence.

Strongly Disagree	Disagree	Neither	Agree	Strongly Agree
<input type="checkbox"/>				

9. Further Reflections