**Confidence at Work Quiz!**

How confident are you at work? Take this quiz to find out. Circle the number that applies to you:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Not at all** | **Rarely** | **Sometimes** | **Often** | **Very much** |
| 1. I feel comfortable talking to my supervisor. | 1 | 2 | 3 | 4 | 5 |
| 1. I feel positive and energized about my job. | 1 | 2 | 3 | 4 | 5 |
| 1. When something is challenging for me at work, I keep trying. | 1 | 2 | 3 | 4 | 5 |
| 1. I feel comfortable making decisions at work. | 1 | 2 | 3 | 4 | 5 |
| 1. I achieve the goals I set for myself at work. | 1 | 2 | 3 | 4 | 5 |
| 1. People give me positive comments on my work. | 1 | 2 | 3 | 4 | 5 |
| 1. When I overcome a problem at work, I think about the lessons I’ve learned. | 1 | 2 | 3 | 4 | 5 |
| 1. I am able to stand up for myself at work. | 1 | 2 | 3 | 4 | 5 |
| 1. At work, I can talk to new people. | 1 | 2 | 3 | 4 | 5 |
| 1. I have people at work who inspire and motivate me. | 1 | 2 | 3 | 4 | 5 |
| *Now, add up all your numbers from all your answers to get your total score.* | | | | | **TOTAL SCORE:** |

**What does your score mean?**

|  |  |
| --- | --- |
| 10-21 | You probably wish you had more self-confidence at work! Take a closer look at all the things you've achieved in your life. You may tend to focus on the negative. This takes time and attention away from understanding and using your skills and talents. |
| 22-33 | You're doing an okay job of understanding your skills and believing in your abilities at work. But perhaps you’re a little too hard on yourself, and this may stop you from getting the full benefit of your experiences. |
| 34-50 | Excellent! You're doing a fabulous job of learning from every experience at work and not allowing problems to affect the way you see yourself. But you need to nurture your self-confidence, so keep practicing the tips for cultivating confidence to make sure your work is full of success. |

*Discuss your answers with a partner. Why is it important to have confidence at work? What are some ways you can become more confident at work?*