



KEYS to CONFIDENCE



1. On a scale of 1-10, (1 being it needs development and 10 being it's pretty developed) rate where you currently stand for each key.

Discipline ____ Competence ____ Courage ____ Certainty ____
Humility ____ Boundaries ____ Decisiveness ____ Wisdom ____
Perseverance ____ Consistency ____ Authenticity ____ Focus ____
Presence ____ Energy ____ Respect ____

2. For your keys that need the most development, what immediate steps are you willing to take? Please list each key and at least one thing you can start doing now.