

Quiz : How confident are you?

Complete this quiz to find out how confident you are and whether worry and self-doubt are holding you back from unleashing your leadership and realising your career aspirations.

| | Statement | Never | Rarely | Sometimes | Often | Always |
|----|--|-------|--------|-----------|-------|--------|
| 1 | I'm prone to worry and overthinking | | | | | |
| 2 | I'm concerned about what other people think about me | | | | | |
| 3 | I'm afraid people will find out that I'm less capable than they think | | | | | |
| 4 | I worry I haven't got what it takes to be a leader | | | | | |
| 5 | I don't like to let people down | | | | | |
| 6 | I feel it's important to keep on top of things | | | | | |
| 7 | I find it hard to delegate and to let go | | | | | |
| 8 | I find it hard to say no | | | | | |
| 9 | I have a tendency for perfectionism | | | | | |
| 10 | I tend to procrastinate | | | | | |
| 11 | I don't like having difficult conversations | | | | | |
| 12 | I find meetings with authority figures stressful – I'm afraid of saying something stupid | | | | | |
| 13 | Nerves get the better of me in high-stake situations such as presenting to senior stakeholders or large audiences | | | | | |
| 14 | I don't like to ask for help | | | | | |
| 15 | I'm reluctant to seek feedback in case it's negative | | | | | |

t: 07704 298 966 e: alison@alisonreid.co.uk www.alisonreid.co.uk

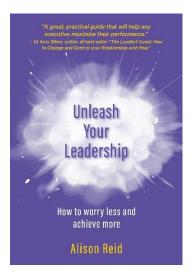


| | Statement | Never | Rarely | Sometimes | Often | Always |
|----|---|-------|--------|-----------|-------|--------|
| 16 | Compliments bounce off me | | | | | |
| 17 | I experience frustration and resentment | | | | | |
| 18 | I find it hard to switch off and relax | | | | | |
| 19 | I hold tension (for example, in your neck or shoulders) | | | | | |
| 20 | I feel exhausted and have trouble sleeping | | | | | |
| | TOTAL | | | | | |

If you answered sometimes, often or always to any of these questions, then you may benefit from some help to worry less so you can achieve more.

Go to <u>www.alisonreid.co.uk/books</u> to download a sample of my book "Unleash Your Leadership : How to Worry Less and Achieve More" or to go ahead and purchase a copy.

Best wishes Alison Reid alison@alisonreid.co.uk



t: 07704 298 966 e: alison@alisonreid.co.uk www.alisonreid.co.uk