



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					



	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 (<i>for example, in your neck or shoulders</i>)					
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 www.alisonreid.co.uk/books 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

