**Courage and Confidence Self-Assessment**

From *Empowered: One Planet at a Time,* pages 22-23

How would you rate your courage and confidence? Using the scale provided, rate yourself by answering the following eight statements on the *Courage and Confidence Self-Assessment* below. Save your answers.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***Courage and Confidence******Self-Assessment*** | 1Strongly Disagree | 2Disagree | 3Neutral | 4Agree | 5Strongly Agree |
| I know what I stand for. |  |  |  |  |  |
| I have courage. |  |  |  |  |  |
| I know where my courage comes from. |  |  |  |  |  |
| I am confident I know my strengths. |  |  |  |  |  |
| I am confident I know my weaknesses. |  |  |  |  |  |
| I know how to restore my confidence when it is shaken. |  |  |  |  |  |
| I am capable of being an agent for change. |  |  |  |  |  |
| I am empowered to take on any challenge I set my mind to accepting. |  |  |  |  |  |

Areas where you scored yourself Neutral, Disagree, or Strongly Disagree are areas where you will benefit from additional focus. After you read *Empowered: One Planet at a Time,* take this self-assessment again and compare your rankings. After you have stood up on a social or environmental issue that matters to you, take this self-assessment again and reflect on any changes from your other *Courage and Confidence Self-Assessments.* Some of our greatest opportunities to grow come when we reflect on our life experiences!

Nothing in life is to be feared. It is only to be understood.

Now is the time to understand more, so that we may fear less.

–Marie Curie

cited on page 26, *Empowered: One Planet at a Time*