

OVERCOMING SELF DOUBT & BUILDING CONFIDENCE

Grading Element	Exceptional (4 pts)	Competent (3 pts)	Needs Improvement (2 pts)	Unsatisfactory (1 pts)	Score
Understanding Self Doubt	I am always aware that self doubt is a lack of confidence in myself and my abilities; it has a place in helping me reflect and develop humility, empathy and compassion but at chronic levels it can cause me to lose motivation, procrastinate and feel unworthy.	I am mostly aware that self doubt is a lack of confidence in myself and my abilities; it has a place in helping me reflect and develop humility, empathy and compassion but at chronic levels it can cause me to lose motivation, procrastinate and feel unworthy.	I am sometimes aware that self doubt is a lack of confidence in myself and my abilities; it has a place in helping me reflect and develop humility, empathy and compassion but at chronic levels it can cause me to lose motivation, procrastinate and feel unworthy.	I am rarely aware that self doubt is a lack of confidence in myself and my abilities; I have so much self doubt that I have no motivation, I never take action and feel a sense of hopelessness.	
How We Perpetuate Self Doubt	I am always aware that self doubt is perpetuated through listening to my inner critic telling me I can't, or I shouldn't or even not to bother trying; I silence the critic and show myself kindness always encouraging myself to do better.	I am mostly aware that self doubt is perpetuated through listening to my inner critic telling me I can't, or I shouldn't or even not to bother trying; I mostly silence the critic and show myself kindness and often encourage myself to do better.	I am sometimes aware that self doubt is perpetuated through listening to my inner critic telling me I can't, or I shouldn't or even not to bother trying; I sometimes silence the critic but need to show myself more kindness and encourage myself to do better.	I am unaware that self doubt is perpetuated through listening to my inner critic telling me I can't, or I shouldn't or even not to bother trying; I make little effort because I believe I am incapable of success. I rarely show myself kindness and never encourage myself to do better.	
Overcoming Self Doubt	I always stop and become the observer, acknowledge my judgement, dismiss worrying, I always clear my mind of self doubt by expressing it through talking or writing, I don't compare myself to others or take things personally and I always train myself to be optimistic and embrace failure.	I mostly stop and become the observer, acknowledge my judgement, dismiss worrying, I mostly clear my mind of self doubt by expressing it through talking or writing, I don't compare myself to others or take things personally and I mostly train myself to be optimistic and embrace failure.	I sometimes stop and become the observer, acknowledge my judgement, dismiss worrying, I sometimes clear my mind of self doubt by expressing it through talking or writing. I need to improve comparing myself to others and taking things personally and need to be more optimistic and embrace failure.	I am unable to stay present, I mostly question my decisions when I make them and worry about everything. I am rarely able to talk about my self doubt, it is always there and I take everything personally. It is hard to be optimistic with nothing to be optimistic about.	
Understanding Self Confidence	I always understand that confidence is a choice to step forward even if I am anxious and the outcome is unknown; I am aware there is no link between success and confidence and kicking goals alone will not bring me confidence; confidence is an opinion.	I mostly understand that confidence is a choice to step forward even if I am anxious and the outcome is unknown; I am usually aware there is no link between success and confidence and kicking goals alone will not bring me confidence; confidence is an opinion.	I sometimes understand that confidence is a choice to step forward even if I am anxious and the outcome is unknown; I am sometimes aware there is no link between success and confidence and kicking goals alone will not bring me confidence; confidence is an opinion.	I rarely understand that confidence is a choice to step forward even if I am anxious and the outcome is unknown; I am unaware there is no link between success and confidence and feel that if I kicked some goals it might bring me confidence.	
Creating Confidence	I am always clear about what to do to maintain my self confidence: I am always aware of my posture, encourage myself, use mindfulness to stay aware of my feelings; I always exercise regularly to stay motivated, transform my fears and visualise success. I am always clear about my goals, embrace failure and discomfort.	I am mostly clear about what to do to maintain my self confidence: I am mostly aware of my posture, encourage myself, use mindfulness to stay aware of my feelings; I usually exercise regularly to stay motivated, transform my fears and visualise success. I am mostly clear about my goals, can embrace failure and discomfort.	I am sometimes clear about what to do to maintain my self confidence: I am sometimes aware of my posture, encourage myself, use mindfulness to stay aware of my feelings; I sometimes exercise regularly to stay motivated, transform my fears and visualise success. I need to get clear about my goals, embrace failure and discomfort.	I am unclear about what to do to get some self confidence: I am unaware of my posture, discourage myself, am unaware of my feelings; I lack the motivation to exercise or visualise. I am too fearful to set goals, can't take any more failure or discomfort.	

Action Items

Total

/20