



How confident are you?

Test Your Confidence Quotient by Taking Our Mini “CQ” Test

The following is an abbreviated version of Valorie Burton’s Confidence Quotient (“CQ”) assessment in her book, *Why Not You? 28 Days to Authentic Confidence*. The full CQ assessment in the book consists of 100 statements such as these that empower you to evaluate the areas in which you need to build authentic confidence. To order the book, visit our store at www.valorieburton.com/catalog.php:

Be honest with yourself. How many of these statements are true for you?

- I compare myself (my looks, possessions, financial situation) with others in order to measure my value, importance or progress.
- I sometimes feel intimidated in the presence of people I perceive as more successful than I am.
- I do not speak up for myself and sometimes find myself mulling over “what I *should* have said” during a previous conversation.
- I find it very difficult to speak before a group with ease.
- In the last twelve months, I have purchased things to impress others.
- I sometimes have difficulty asking for money that is owed to me, whether from a family member, friend, customer or employer.

- I earn below the average for my industry and position, and I am underpaid for someone of my experience and background.
- My special gifts and talents would be better used elsewhere. I don't feel I am where I am supposed to be at this point in my life.
- My co-workers doubt or discourage me professionally. They are concerned with "picking up the slack," double checking my work or showing me how to do things.
- I have doubts about how good my professional reputation is.
- I do not feel good about how I look.
- I sometimes make excuses or am I embarrassed by what I eat.
- I am unclear about the purpose for my life.
- I am a perfectionist. I am not comfortable with making mistakes or potentially "getting it wrong."
- I do not step out on faith if it means I might fail.

_____ Number of statements above that are true for you.

HERE'S WHAT YOUR ANSWERS MEAN

If you checked 9 – 15 statements:

I commend you for being honest with yourself about areas where you struggle. As you probably already know, a lack of confidence is negatively impacting multiple areas of your life. And whether you realize it or not, it is crushing your potential. It's time for a confidence makeover. Your life *can* be different! You don't have to allow doubt and insecurities to continue to keep you from being all you were created to be. You have the power to make major changes in your life, starting today. Use *Why Not You?* as your step-by-step, 28-day guide to building authentic confidence so that you can begin living your best possible life!

If you checked 4 – 8 statements

You may have what I call “partial confidence” or “situational” confidence.” You are confident in some areas while lacking confidence in others. This is very normal. You may feel you have more control over some areas of your life than others – or you have found success in some areas while others have eluded you. Authentic confidence is more than “self-confidence.” It is self-confidence plus faith. You have some room to strengthen your level of authentic confidence so that you can experience your greatest potential in those areas where your confidence has been stunted. *Why Not You?* will guide you step by step through the process of uncovering and facing the fears, doubts, hesitation or insecurities that silently hold you back in big and small ways.

If you checked 1 – 3 statements

You are a pretty confident person! There are some areas that could use improvement, but they are few. I recommend that you go all the way by addressing those areas directly. Continue being honest with yourself by peeling back the layers that lead you to lack confidence in certain areas. Use the confidence journaling assignments and confidence builders at the end of each day in *Why Not You? 28 Days to Authentic Confidence* to give yourself the confidence tune-up that will take your life to the next level!

If you did not check any of the statements ...

Congratulations! You are among a very small number of people that can be described as fully, authentically confident! Take what you’ve learned and mentor someone who needs a confidence boost.

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