

Authentic Confidence Quotient (ACQ):

1. List your current Roles and Responsibilities. (Your formal and informal areas of accountability)

Examples: Vision, Strategy, Project Management, Coaching, Team Building, Healthy Conflict, Performance Management, Finance, Marketing, Sales, Presenting, Motivation, Communication

1. Roles and Responsibilities	2. Current Confidence	3. Limiting Belief	4. Future Goal
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

2. Define the current level of confidence in each role. (UC, AC or OC)

- Under Confidence:** Do I feel incompetent or unsure of myself in this area? (UC)
- Authentic Confidence:** Do I have great relationships and results in this area? (AC)
- Over Confidence:** Do I exaggerate my skills or accomplishments in this area? (OC)

3. What are the limiting beliefs I have in each role? (I lack experience, education, training...)

4. Write one goal that will build Authentic Confidence. (I will deliver a successful presentation)

5. ACTION PLAN: What is an Under Confidence issue I can quickly eliminate? List below the next steps needed to make progress toward the Future Goal. (I signed up for the presentation course today)

Statement of Authentic Confidence: I am a great _____.

*Continue Step 5 until all current under confidence issues are eliminated