## THE WELL LIFE

## MY CONFIDENCE SELF-ASSESSMENT

DATE:\_\_\_\_\_ 100 75 50 25 Self-Worth SELF-TRUST COMPETENCE COURAGE (AWARENESS OF) Date:\_\_\_\_\_ 100 75 50 25 Self-Worth Self-Trust Competence Courage (AWARENESS OF) Date:\_\_ 100 75 50 25 Self-Worth Self-Trust COMPETENCE COURAGE (AWARENESS OF)