

## How Courageous are you in your Communication?

Rate yourself on each of the statements using the following scale:

**1** = Almost never                      **2** = Sometimes                      **3** = Usually                      **4** = Almost always

A few tips before you start ...

- ✚ To get the result most helpful to you, be honest. Remember no one else is going to see your answers.
- ✚ Your first instinctive response is usually the most accurate one. Work quickly and resist temptation to over-analyse each statement.
- ✚ Finally – remember you know yourself better than any questionnaire you will ever do. When considering what your total score may mean for you, reflect on past experiences and your true feelings about those instances at the time they occurred.

### Rating

1.	At a meeting, if I have a relevant idea, I share it with everyone, even when I don't know what they will think about it.	
2.	When someone pays me a compliment, I accept it with ease and grace.	
3.	I feel confident in who I am, my strengths and how I can add value to others.	
4.	If someone offers me feedback, I feel curious about what I can learn from it.	
5.	I am able to say 'no' to requests when I want to.	
6.	After gathering the facts and considering options, I find it easy to make decisions that are right for me.	
7.	When negotiating (the price of my product or service/for a pay rise from my employer), I am confident in and stand firm by my value.	
8.	Self-promotion is easy for me – I really don't see it as bragging.	
9.	Though at times uncomfortable, I don't avoid conflict – I prefer to deal with it to be able to move on.	
10.	When I see others succeeding in what they do, I am not inclined to compare myself to them.	

***"For Unbelievable Breakthroughs That Deliver Outstanding Results"***

11.	When I look in the mirror, I like what I see.	
12.	My self-talk encourages me.	
13.	If someone is behaving in a way towards me that leaves me feeling uncomfortable, I talk to them about it.	
14.	I feel confident in offering others feedback I think will be helpful to them.	
15.	I find it easy and comfortable to be the 'real me'.	
16.	When asked a question to which I don't know the answer, I'm confident in admitting this.	
17.	I don't feel 'inferior' when speaking with someone who is older, more senior in their organisational position or more experienced in the subject matter.	
18.	Confidence is something that comes naturally to me.	
19.	Although I like to be able to help others when asked, if I really don't have the time or ability to help, I say so.	
20.	I know what I stand for – and I'm not afraid to speak openly about those things important to me, no matter who I'm speaking with.	
21.	I don't shy away from disagreements – differences of opinion are to be expected and I'm comfortable with discussing these.	
22.	When I realise I've done something incorrectly, I don't spend any time beating myself up about it – I just get on with fixing it.	
23.	I find it easy to voice my opinion about an issue – even when I know others will disagree with me.	
24.	I see myself as an equal to others and don't 'hide my light under a bushel'.	
25.	I relish taking (calculated) risks – they often pay off and I will always learn something useful from the experience.	
	<b>Total Score</b>	

### What your results might indicate ...

**Between 90 and 100** Whoo-hoo! Congratulations on your confidence, courage and consistency in how you deal with life and all the challenges it throws your way ☺

**Between 70 and 89** You work on your self-awareness and have a keen desire to keep improving yourself. Consider the statements where you scored less than '4' and ask 'what's stopping me from believing in myself more in these contexts?'

**Between 50 and 69** Your head and heart are arguing with each other. Logically, you *know* how you'd like to react in different situations, yet you find it incredibly challenging to carry this through to your actions. Ask yourself 'what would it take for me to be more courageous more often? and 'what am I waiting for?'

**Less than 50** There definitely are some contexts in your life where you are being truly courageous and feel confident – you're just not sure how to translate these feelings to other situations easily. You can make a start by reflecting on your self-talk and ask "how can I be more gentle with myself at these times?"