



# *The Characteristics Of Confidence*

*- Foundational Confidence*



# Hey There!

Welcome to your Characteristics Of Confidence assessment...

I created this assessment for kind, caring and compassionate people who are struggling with their self-confidence and who want to design, develop and deliver themselves unshakable confidence and to truly understand the real causes of their struggles.

It's a bit different to other assessments and online tests you may have taken because this assessment has been specifically designed to assess and address the real causes of your confidence issues.

The reason the assessment has been designed this way is so that you can gain insight into where your confidence is being built and where it is being battered, bruised and broken. So that you know exactly where your main struggles are coming from and how to best address them.

It's VITAL that you answer as honestly as possible because otherwise you won't get an accurate assessment. Which is obvious, but it can and will have a BIG impact on your experience of rectifying and repairing your confidence. In fact, it's so vital that it could damage your confidence if you are taking steps based on an inaccurate assessment.

# What To Expect

What you can expect is to gain greater clarity of WHERE your confidence struggles are coming from, HOW those areas are impacting and influencing your confidence and WHAT you might want to look at in order to improve your confidence.

The results you'll get will highlight your areas of struggle and will also give you what you need to start making noticeable and noteworthy changes to your self-confidence.


Don't forget, have fun with it! Get curious and inquisitive, this isn't intended as a blamey or shamey type of assessment.

But it is designed to be insightful, impactful and influential in BOTH understanding your confidence struggles and helping you to take action on addressing those struggles.

I hope you enjoy the assessment!

See you on the flip side!



A person is rowing a small boat on a body of water. The image is overlaid with a teal color and a white quote. The quote is written in a cursive font and reads: "Confidence is going after Moby Dick in a rowboat and taking tartar sauce with you."

*Confidence is going after Moby  
Dick in a rowboat and taking  
tartar sauce with you."*

*– Zig Ziglar*



# Foundational Confidence

In this section we'll be assessing whether or not you have what I like to call Foundational Confidence.

Foundational Confidence is what essentially underpins the other two layers of confidence. Confidence comes from latin 'confidere' which means "to have full trust in".

But in order to trust something (in this case yourself) you must understand it and to understand it means you have to have spent time exploring and becoming clear on it. In other words, you will always struggle to "have full trust in self" until you have explore, got clear on and understood who YOU are.

The cost of not assessing or being aware of this aspect of confidence is catastrophic! Though confidence can be build to a degree without this work, it is a highly unstable and brittle kind of confidence. Kinda like a house that is build on sand, it's only a matter of time before in begins to sink and topple.

By the end of this section you'll be able to clearly understand if you have undertaken some (if any) of this deep foundational work that will allow powerful confidence to grow.



# Questions

- |    |  |                |        |
|----|--|----------------|--------|
| 1  | Do you trust yourself to be able to handle almost any situation you come across?   | <b>Yes (1)</b> | No (0) |
| 2  | Do you feel that you can adapt to most situations and utilise them as positive experiences?                                      | <b>Yes (1)</b> | No (0) |
| 3  | Are you clear on what you believe and how your beliefs influence your life?  | <b>Yes (1)</b> | No (0) |
| 4  | Do you know what experience of life you would most value?  | <b>Yes (1)</b> | No (0) |
| 5  | Are you aware of the 'rules for life' you have set yourself and how well you stick to them?                                      | <b>Yes (1)</b> | No (0) |
| 6  | Are you aware of what conditions you believe would need to be met for you to be successful in life (however you define success)? | <b>Yes (1)</b> | No (0) |
| 7  | Can you clearly identify the signs and symptoms when life is "getting in the way" before it's too late?                          | <b>Yes (1)</b> | No (0) |
| 8  | Do you know how to regularly and repeatedly experience great joy and satisfaction in life?                                       | <b>Yes (1)</b> | No (0) |
| 9  | Are you regularly taking care of your physical health?   | <b>Yes (1)</b> | No (0) |
| 10 | Are you regularly taking care of your mental health?   | <b>Yes (1)</b> | No (0) |



# Questions

- |  |                |        |
|--|----------------|--------|
| <b>11</b> Are you regularly taking care of your spiritual/emotional health?                                    | <b>Yes (1)</b> | No (0) |
| <b>12</b> Are you regularly taking care of your social health?   | <b>Yes (1)</b> | No (0) |
| <b>13</b> Do you have a clear vision of what you want life to be like for you in the future?                   | <b>Yes (1)</b> | No (0) |
| <b>14</b> Do you have clear principles for how you'd most like to move through life?                           | <b>Yes (1)</b> | No (0) |
| <b>15</b> Do you understand how you deal with difficult communication?   | <b>Yes (1)</b> | No (0) |
| <b>16</b> Do you know the best and worst ways someone else could deal with you during difficult communication? | <b>Yes (1)</b> | No (0) |
| <b>17</b> Do you perceive yourself to be a person of value?  | <b>Yes (1)</b> | No (0) |
| <b>18</b> Are you actively learning and understanding yourself on a deeper level each day?                     | <b>Yes (1)</b> | No (0) |
| <b>19</b> Have you got a clear idea of how you would like people to perceive you each day?                     | <b>Yes (1)</b> | No (0) |
| <b>20</b> Do you actively practise gratitude on a daily basis?   | <b>Yes (1)</b> | No (0) |

**Total**



# Score 0-8

This score indicates that you are probably feeling pretty shaky in life right now. You probably have very little trust in yourself and little or no belief in your ability to handle life. You may even have the belief that you CAN'T handle life and everything is all too much.

Your self doubt is pretty high and you are always second guessing yourself or putting yourself down. You may get a confidence boost from time to time from friends, family, your career, your hobby or from taking action on something you've been putting off. When this happens you become filled with energy and it's like someone has turned on a light in your life.

But that boost quickly wears off and you find yourself back in the darkness of low confidence and self esteem. Ultimately your experience of life right now is quite a disheartening one at times, where it seems no matter what you try, it never seems to get THAT much better.

You probably feel a little hopeless and helpless, like nothing will really ever change for you. You may think that being confident in yourself, going after what you want and living a truly incredible life is WELL beyond your reach.

You're fear that things will always be this way and that you will continue to suffer and struggle through life until your final days. And that you will never be able to experience all the magic, marvel and mystery in life.

What most people don't know is that this is actually a bit of a self fulfilling prophecy and a BIG confidence trap! The thoughts, feelings and experiences you are having now are actually damaging your self confidence and self esteem. The more you have them, the less confident you feel, and so you spiral downwards.



# Score 0-8

You have probably heard advice from well meaning people that “action builds confidence”.

Whilst it is true, action CAN build confidence, it's not quite that simple. Coherent action with a clear understanding of WHY you are taking action, WHAT any outcome means and HOW to move forward from each outcome is a recipe for building confidence. Action for actions sake can actually be highly detrimental when things don't go 'according to plan'.

If you are serious about making a HUGE shift in your life and building yourself some almost immovable, immutable and indestructible confidence, STOP taking action until you have clearly defined WHY you are taking action, WHAT you hope to gain from it and HOW you will deal with anything that isn't the desired outcome.

It would also be really useful at this point to STOP searching for sources of confidence outside of yourself. And STOP shying away from digging deep into who you are, in order to appreciate ourselves entirely, we must accept both the light AND the dark parts of ourselves.

Instead, START realising that true, unbreakable and authentic confidence is self created. START working on and developing ALL areas of your life. And START to search within yourself for your confidence.



# Score 0-8

**If I had to give you ONE piece of advice it would be to take the time to dig a little deeper into what you REALLY believe about the various aspects of your life, how that actually looks in practise and whether your thoughts, words and actions are aligned with those beliefs.**

**Explore and expand upon your strengths too, determine where you could best employ them to accelerate and accentuate the positive results you're getting. Whilst also minimising the negative or diminishing aspects.**

**Finally, devise ways protect and defend yourself from criticism, judgement and doubt so that you can remain 'unshakeable' and keep moving forward even when the shit is hitting the fan in your life.**



# Score 9-16

In all likelihood you're experiencing a moderate level of self assurance and self confidence. You are learning to trust yourself more and have a growing belief that you might actually be able to handle life as it comes at you.

This usually means you have a reasonable of connection to yourself, you may not have a crystal clear idea of who you are, but you have a good idea for the most part. You feel like you can manage most drama that life throws at your, or that at least you can get an idea of why the drama caused any issues, and hopefully learn from your findings.

A worry you may have about being here is that something may be able to come along and shatter your confidence into millions of tiny pieces. That a major life event could prove too much for you and cause you to crumble under the pressure.

The silent killer here is that whilst your confidence may be growing, it is still not 'set'. It is still at the point where it can be influenced by external factors if you aren't vigilant in protecting yourself from the external pressures.

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# Score 9-16

You should STOP taking action until you have clearly defined WHY you are taking action, WHAT you hope to gain from it and HOW you will deal with anything that isn't the desired outcome.

It would also be really useful at this point to STOP searching for sources of confidence outside of yourself.

And STOP shying away from digging deep into who you are, in order to appreciate ourselves entirely, we must accept both the light AND the dark parts of ourselves.

What you can START to do is to actually take the time to understand why taking action has been an issue for you and what triggers you to 'run and hide'.

You can START by defining how you could deal with any and every conceivable outcome from any action.

And you can START piecing together what you tend to be feeling, thinking, saying and doing when things are going really well for you.

# Score 9-16

**If I had to give you ONE piece of advice it would be to delve EVEN deeper into your thoughts, feelings and beliefs and how they practically work in your life.**

**There clearer you can get on this the GREATER your confidence will be. Think of it like a skyscraper, the larger you want your life to be, DEEPER and STRONGER foundations are needed.**

**When it comes to building strong foundations for confidence, there isn't really such thing as overkill. If you don't stop digging, you'll never truly have to worry about being 'shakeable'.**



# Score 17-20

Scoring highly in this layer of confidence means you have built a solid foundation of confidence and you are having a much less doom and gloom in your life. In fact, you are likely to be having a pretty good experience of life. Though you may not have unwavering confidence in every moment of every day, you seem to have a deep underlying confidence that allows you to move through life with a reasonable sense of self assurance.

You are probably feeling like you may not necessarily have all your ducks in a row quite yet, but they are definitely all moving in the right direction. That is to say that you feel you have a fair amount of self confidence and self esteem, but it isn't quite yet that impenetrable and unbreakable confidence that you desire.

It would also seem that you feel a great sense of trust in yourself, that you actually believe yourself capable of taking life in your stride. You're probably thinking that from here there is SO much potential for you, and you'd be right!

A concern you have, however, is that this is where you will stay. Which isn't a bad place to be, but now you've got a taste for how life could be with improved confidence and feelings of self worth, you just want to keep growing.

It can be quite easy to ease off all your growth work upon reaching this point. Your confidence level feels pretty damn good, especially if you'd been someone who had REALLY struggled with confidence. The issue with easing off is that eventually it will cease to be enough and those feelings of stagnation and being stuck can return.

# Score 17-20

You've probably heard that knowing yourself is the key to confidence.

Whilst that is absolutely true, knowing yourself is the key to authentic self confidence, there are still many ways your confidence can take a dent if you aren't aware of the other layers.

If you've attain this score, you have already done some incredible work to get here. However, what you now need to STOP doing is assuming that knowing yourself in great depth and detail is enough to create near bullet proof confidence. I

If you've attain this score, you have already done some incredible work to get here. However, what you now need to STOP doing is assuming that knowing yourself in great depth and detail is enough to create near bullet proof confidence.

It would also be to STOP shying away from areas of your life that aren't perhaps 'strong' areas of your life right now. These are the areas that are actually preventing your confidence from reaching the next level.

What you can START doing from here is assessing each key area of your life and determine where you may have some confidence gaps. You should also START working on each and every key area of your life.



## Score 17-20

**If I had to give you ONE piece of advice it would be to draw your attention to the various areas of your life and how confident you feel in each of them individually.**

**Now you have a great foundation to build on, we must start building our confidence in each and every area of our lives in order to take our lives to the next level.**

**You may have already experienced significant increases in confidence across all areas of your life already. But now you are ready to magnify and multiply those effects with some SPECIFIC steps in each area of your life.**



# What Next?

*Confidence On Command*  
STAND UP, SHOW UP AND SPEAK OUT!



# What Next?

Here's what you've learned...

You've learnt where you are struggling and where you are striving or thriving in the 3 layers of confidence. You've also learnt some of the areas that you need to address MOST in order to improve your confidence and also WHY working on those areas is vital to your confidence.

Here's why that's important...

It's important because without the knowledge of WHERE your confidence is failing or WHY you are experiencing your struggles, it is incredibly difficult to alter, adjust and take any action that will lead to greater confidence.

And here's what needs to be done in order to address the challenge...

Explore, gain clarity and understand who YOU are so that you can trust yourself and be confident in yourself.

# What Next?

Now you have 3 choices, you can:

1. You can completely reject and neglect everything you've learned here, discredit and disregard it's value and continue doing things the way you have always done them. Meaning you will continue to have the same experiences and succumb to the same struggles.
2. You can take what you've learned and go apply it all by yourself using the information and insight you have gained from this document. Which has actually given you ALL you need to create some REAL changes in your life.
3. Or you can ask for help in taking all this new information and turning it into comprehensive, concentrated and constructive strategies that can be applied in your own life.

So my invitation to you is this, ask yourself:

"If I DON'T do anything with the insight I have gained in this document, what will it COST me in the long run?"



# What Next?

If you DO want help building and implementing the strategies that will help you stand up, show up and speak out as a powerfully confident person, I do have designed a system which is for exactly that purpose. Which is built on the very same 3 layers of confidence as in this document.

If it is something you are genuinely interested in, then I would invite you to head over to the link below so that you can learn a little bit more about what coaching with me is like and who I work best with.

<https://www.tjhubbard.com/coaching-with-tj>

But if options 1. or 2. floated your boat more than 3 that's cool and I wish you all the best and hope you are able to create a life filled with fun, freedom, fulfilment and happiness!

Truth, Joy, Love

TJ 🕊️