

## Self-Confidence and Self-Awareness Inventory

1.	What successes have I created and experienced in my life?
2.	What are some of my personal talents and skills? Strengths to pursue?
3.	What are some positive risks I have taken in my life and if I had not taken them how would my life possibly be different?
4.	What are some Important Actions I am seriously considering taking? What are the positive outcomes if I do take them and what is holding me back?



## **Self-Confidence & Self-Awareness Coat of Arms**

