

EnactraX (A Venture of Pragya)  
 Founder: Saurabh Jain - 10 World Record Holder  
 Faculty & Institute Awarded with 200+ Eminent Titles

**Self-Assessment Quiz (Confidence Level)**

**Format:** Frequency Scale – *Always, Often, Sometimes, Rarely, Never*

**Total Questions:** 20

**Style:** Table-based for print and training sessions

**Scoring & Interpretation** at the end

**Explanation of Each Question**

**Development Activities in Section 3**

**Self-Assessment Quiz: How Confident Are You?**

No.	Statement	Always	Often	Sometimes	Rarely	Never
1	I believe in my abilities even when others doubt me.					
2	I speak clearly and assertively in front of groups.					
3	I maintain eye contact during conversations.					
4	I accept compliments with a simple "thank you."					
5	I share my ideas without overthinking what others will think.					
6	I can say "no" without guilt when something doesn't feel right.					
7	I bounce back quickly from criticism or rejection.					
8	I feel comfortable taking up space and being seen.					
9	I try new things even if I might fail.					
10	I regularly reflect on my strengths and achievements.					

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11	I can handle social situations without anxiety.					
12	I ask for help or clarification when I need it.					
13	I am not afraid to be wrong or make mistakes publicly.					
14	I take ownership of my decisions and actions.					
15	I dress and carry myself in a way that makes me feel confident.					
16	I speak positively to myself, especially during challenges.					
17	I challenge my inner critic when it tries to stop me.					
18	I pursue goals that push me out of my comfort zone.					
19	I feel worthy even if I make a mistake or face failure.					
20	I am proud of who I am becoming.					

**Scoring Criteria:**

**Assign points to each response:**

- Always = 5 points
- Often = 4 points
- Sometimes = 3 points
- Rarely = 2 points
- Never = 1 point

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**Total Score Range: 20–100**

Score Range	Confidence Level	Interpretation
85–100	High Confidence	You trust yourself and step forward boldly. Keep nurturing it.
65–84	Moderate Confidence	You show confidence in some areas, but there's room to grow.
45–64	Low Confidence	You may hold back often. Confidence building is essential now.
Below 45	Critical Zone	Your self-belief needs rebuilding. You may be struggling silently.

**Explanation of Each Question (Condensed)**

Each question touches a core pillar of confidence:

- 1, 5, 7, 13, 19 – *Internal Belief & Resilience*
- 2, 3, 8, 11, 15 – *Presence & Body Language*
- 4, 6, 12, 14 – *Assertiveness & Boundaries*
- 9, 10, 16, 17, 18, 20 – *Growth Mindset & Self-Talk*

These statements measure whether participants have confidence that is:

- Authentic (not overcompensating),
- Balanced (not arrogant),
- And self-generated (not approval-dependent).