



Have you ever given a speech in front of a crowd?



A crowd



Are you considered as a confident one?



Who's had the most influential role in your self-confidence / or lack of it?



Do confident and successful people intimidate you?

☐ No way - I'm one of them!



☐ I Surround myself with people I aspire to be like.



☐ A little bit.



☐ Yes - I can't stand being around people like that.



I buy a lot of materialistic items to hide my true insecurities. How true is it for you?

- ☐ Yes - buying things makes me feel better about myself, even if I don't need them.



- ☐ No - I buy clothes and other items to further boost my confidence.



- ☐ I shop because I like to, not because I need to!



- ☐ I don't buy anything because nothing helps.



I avoid asking questions so I don't "look dumb". Is it true for you?

☐ I'm not afraid to ask or say anything!



☐ I only ask questions when absolutely necessary.



☐ I enjoy asking questions and fueling discussion.



☐ I never speak up!



You're a great singer / musician. Would you go up on stage and show off your talents?

☐ Definitely!



☒ Maybe, if someone bribed me!



☐ I would consider it, but I would be super nervous!



☒ No way!

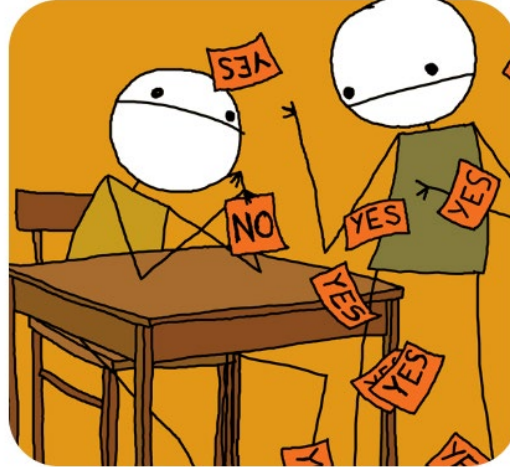


Do you have a hard time making decisions?

☐ Yes, all the time!



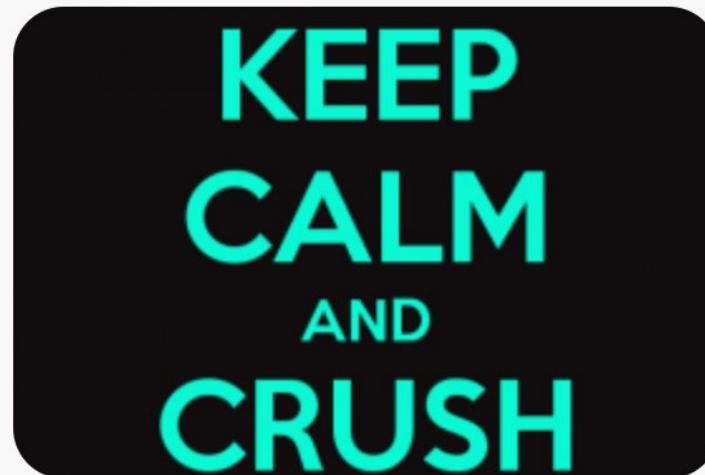
☐ I seek reassurance a lot.



☐ Sometimes, but I always get it done.



☒ Nope - I conquer with total control!



You have to give a presentation today. How do you prepare?

- ☐ Practice my speech and look my best. ☐ Practice a bit, relax, practice again, and not stress too much.



- ☐ Get nervous but still practice a lot. My stomach is in knots. ☐ Stress all day, barely getting any practice in. I can barely think straight!



How do you feel about being a leader?

☐ I like being in control whenever possible!



☐ I prefer to be alone. Always.



☐ I will lead in some situations, but I like to share responsibility.



☐ I'm more of a follower / background person.



- 1. I don't know where it comes from.**
- 2. I'm stressed.**
- 3. My confidence is getting better.**
- 4. I'm good at giving lectures.**
- 5. It's related to how much we are prepared for that presentation.**
- 6. I put myself in my students' shoes.**
- 7. They know nothing**
- 8. They don't know anything**
- 9. I enjoy listening to my students**
- 10. Hasty**
- 11. He had already asked you to send him your homework assignments in English.**

12. From my cousins' pint of view

13. In my cousins' view

14. Other relatives

15. Modest = humble = down-to-earth

16. Actions are louder than words.

17. Arrogant

18. Less information

19. Get a promotion

20. The way you have been brought up by your parents

21. Skeptical

22. They take risks.

23. first-born

24. Please others

25. Ignore your desires

26. She's the baby of the family.

27. To keep up with the joneses

28. Being left behind

29. Take advantage

30. Avoid asking

31. Snap decisions