

Self Confidence Questionnaire

- I know intuitively what is right for me
- I confide in my Self
- I walk my talk
- I live my truth
- I am sincere
- I have challenged all my limiting beliefs
- I fear nothing
- I have a clear vision for my life
- I make my own choices
- My wisdom is innate, not learned
- I do not prevaricate
- I do not procrastinate
- I accept the authority of others as their authority not mine
- I am the author of my own life
- I live my destiny not my fate
- I listen to my messages
- I hear my messages
- Life flows effortlessly
- I am fulfilled by life
- I do only what I truly value
- I never tell others what to do
- I never make other people wrong
- I have no tolerations
- I no longer need to enforce my boundaries
- I allow other people to follow their path
- I follow my path

Self-worth Questionnaire

- I feel intuitively what is beneficial for me
- I approve of who I am
- I am aware of my true identity
- I am aware of my personality and character
- I am heart-centred
- I consciously meet my emotional needs
- I hate nothing
- I am aware of my life's purpose
- I depend on no-one
- Wellness is my natural state of being
- I do not judge myself
- I love me
- I am empowered
- I am inspired
- I am responsible for my own happiness
- I think only positive thoughts about my self
- I think only positive thoughts about others
- Life is abundant, I am content with enough of everything
- Life is a joy to behold
- I am worthy of everything that I receive
- I never undervalue others
- I never belittle other people
- My outlook is always positive
- I am a Human Being, being human
- I compete with no-one
- I believe that love is the way

Self-Esteem Questionnaire

- I believe that my Self Esteem is the product of my Self-worth and my Self-confidence
- I believe that my Self Esteem or how highly I hold myself in esteem is relative to my own ability
- I believe that my own ability is relative to my own power and my own authority
- I believe that my self-worth is a measure of my power
- I believe that my self-confidence is a measure of my authority