

Confident Humility

THE KEY BEHAVIORS FOR SELF-CONFIDENCE



1

I am confident in **my ability to reach my goals** in the future.

2

I question whether I have **the right tools in the present.**

3

I am confident in **my capacity to learn.**

4

I question whether **I am solving the right problem.**

5

I am **curious and open to feedback**, and I am not afraid of it.

6

I am aware of **my own saboteurs.**

7

I understand that **confidence is the result of progress**, not just the cause of progress.

8

I am **open to being wrong.**

Work on the best thing: yourself 😊



Score yourself on each of the 8 behaviors and discuss:

1. **One strength** in my confident humility level
2. **One area to work on** to increase my level of confident humility
3. **One action** I can take to work on that area





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