

Capturing Confidence Grid

Highly confident



not very confident



Confident



not at all confident



	In the Library	At Home	With my friends	At school/college/work
I am confident to speak in a group				
I am confident to speak to adults				
I am confident in asking for help				
I am confident in meeting new people				
I am confident in saying what I think				
I am confident that I have a say in things that affect my life				
I am confident in saying how I am feeling				
I feel I am a generally confident person				

Name.....

Date.....