

**36 Signs of Self-Confidence**

1. I can easily name my personal and professional strengths
2. I like being me
3. I surround myself with high-quality people
4. I can laugh at myself
5. I am a positive person
6. I am resilient in the face of challenges
7. I don't worry what others think of me
8. I look in the mirror and like what I see
9. I am good company to be around
10. I am not afraid to make mistakes
11. I don't doubt my own ability
12. I know what I want in life and am moving towards it
13. I am in control of my life
14. I know my weaknesses and I am working to minimize them
15. I've succeeded in the past and I will succeed in the future
16. I am always thinking of ways to be more successful
17. I actively contribute to the successes of others
18. I am a confident communicator
19. I don't mind speaking in front of groups
20. I can say "no" without guilt or fear
21. I don't get nervous when meeting strangers
22. I can keep a conversation going
23. I am not afraid to complain if I get poor service
24. I am not shy about contributing my ideas at meetings
25. I have no problem asking for what I want
26. I am interested in what others have to say
27. I can tell jokes with ease
28. I enjoy having fun and relaxing
29. I take pleasure in my achievements
30. I never think that when I experience pleasure it is undeserved
31. I don't have to work hard at having fun
32. When I succeed I never respond by feeling defensive or anxious
33. If others don't like me having fun, that's tough!
34. I smile a lot
35. I don't doubt my ability to do a/the job
36. I speak with ease to people in positions of power