Prep sheet

Who Are You?

In answer to the question "Who are you", complete the 20 statements that follow.
The first ten are prefixed with "I am" and the second ten are prefixed with "I am not".

1	I am	
2	I am	
3	I am	
4	I am	
5	I am	
6	I am	
7	I am	
8	I am	
9	I am	
10	I am	
11	I am not	
12	I am not	
13	I am not	
14	I am not	
15	I am not	
16	I am not	
17	I am not	
18	I am not	
19	I am not	
20	I am not	

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The purpose of this exercise is to raise your awareness of your confidence levels. Often the biggest boost to confidence is actually discovering that we do indeed have it.

How did you describe yourself? In the I am statements, check for the following:

- If you included personal attributes, were they positive? For example, I am an achiever rather than I am lazy - the latter would be a negative attribute.

- How many statements were factual and needed no effort on your part to achieve them? For example, 'I am 40 years old', 'I am French', 'I am a daughter', 'I am right-handed'.

- How many statements were factual and represented the achievement of goals you may have set for yourself in the past. For example, 'I am a manager', 'I am an accountant'.

- If the majority of your statements comprised positive attributes and goal achievements, then your confidence is more positive than negative. However, if more than five were negative attributes and factual label statements, then this may indicate that your confidence has a tendency to be low.

How did you complete the I am not statements? In fact, were you able to complete all ten of them? If you weren't, this is a good sign. It means that you find it difficult to consistently think negatively about yourself.

- First, let's deal with the factual statements rather than the opinions. For example, 'I am not a driver', 'I'm not a fan of spicy food', 'I am not a parent'. Do any of these reflect goals you have set for yourself in the past and thought that you would have achieved by now? If not, then they can be discounted as they have no bearing on your confidence. However, if they do, then ask yourself whether a lack of confidence may have been a contributory factor in not achieving them. This is another indicator of low confidence.

- Now look at the personal attribute statements. Are they really negative or are some of them positive? For example, 'I am not very articulate' is a negative statement whereas 'I am not an idiot' is a positive one. If you have more than five negative opinion statements, this reflects low confidence.

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