

CONFIDENCE RULER

How confident are you that you could _____? On a scale from 0 to 10, where 0 is not all confident and 10 is extremely confident, where would you say you are?

0 1 2 3 4 5 6 7 8 9 10

Not At All
Confident

Extremely
Confident

Why are you at a _____ and not a zero?

What would it take for you to go from a _____ to a _____ (higher number)?