

A SELF SURVEY

When you say “I will,” but then you don’t , is it because...	No		Yes	
	Never	Sometimes	Usually	Always
1. you’re afraid that you won’t be good enough?				
2. a family member will put you down?				
3. you just wanted to please someone else?				
4. friends will think you’ve become weird?				
5. you’ve said “I will” to too many things already?				
6. you have trouble saying no to some people?				
7. you’re not sure you can?				
8. you wanted to, but nobody else did?				
9. you didn’t want to do it in the first place?				
10. you just didn’t do it?				

If you answered yes to five or more questions, chances are you're too hard on yourself! Ease up and stop worrying so much about what others think. Your opinion counts, too! Have a little more confidence in yourself.

If you answered no to more than five questions, keep going for it! You might want to check that your competitive side doesn't get the best of you.