

BELIEF SCALE

Use this form as a tool for strengthening your belief in yourself and/or your ability to be successful in your goal

1. On a scale of 1-10, how committed are you to the goal that you've set?
2. Why did you pick that number?
3. What would you need to believe in order to make that number a 10?



4. On a scale from 1-10, what is your confidence that you're going to be successful in your goal?

5. Why did you pick that number?

6. What would you need to believe to make that number a 10?

