

RQ Dimension — Self-Assurance

About this Dimension

This dimension involves a high level of self-confidence and a belief that one can meet any challenge with hope and realistic optimism. Self-assurance also includes the understanding that, while the world is complex and challenging, one has the ability to find the opportunity to succeed despite these challenges.

Self-assurance is evident in someone who has a strong self-confidence and firmly believe in his or her ability to overcome the challenges that life lays at their feet. Self-assurance and self-confidence shouldn't be confused with hubris or an inflated sense of self-worth. While those who are self-assured believe in their own capacities, they also recognize their limits within the environment. Their self-confidence, grounded by their realistic self-assessment, enables them to find a way forward when facing significant challenges.

Strategies for Developing the Self-Assurance Dimension

- Remind yourself of key successes that you have experienced in your life, career, family, church, and so forth. Be as specific as possible regarding successes/accomplishments about which you are familiar.
- Make an inventory of your strengths/assets — physical, mental, and spiritual in diverse environments such as work, home, family, school, church. Identify even the small strengths — the little things in your life that you can lean upon when facing a challenge.
- Identify one or two major crises or setbacks that you have experienced in the distant or recent past. Now identify the things within which enabled you to successfully overcome this challenge.
- Identify something about yourself that you are most proud of and then share this with someone else. As you share that which you are most proud discuss why this makes you proud.
- Identify where you personally see yourself on a 10-point "self-confidence continuum" where 1 = not at all confident in my abilities and 10 = very confident in my abilities. Once you have identified your score on this ten-point scale, identify three actions that you can take to grow your self-confidence.