

# Visibility Self-Assessment Tool

## Evaluating Confidence, Identity Alignment, and Leadership Presence

Rate each statement using the following scale:

- |   |                        |
|---|------------------------|
| 1 | 1<br>Strongly Disagree |
| 2 | 2<br>Disagree          |
| 3 | 3<br>Neutral           |
| 4 | 4<br>Agree             |
| 5 | 5<br>Strongly Agree    |

Write the number that best reflects your current experience.

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# Section 1: Confidence in Professional Presence

Statement	Score (1-5)
I feel confident introducing myself in professional environments.	1 2 3 4 5
I believe my ideas have value when shared in meetings or group settings.	1 2 3 4 5
I feel comfortable speaking in front of groups when necessary.	1 2 3 4 5
I believe others take my perspective seriously.	1 2 3 4 5
I trust my ability to communicate clearly and effectively.	1 2 3 4 5

 **Section Total:** \_\_\_\_\_

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# Sections 2 & 3: Identity, Image & Visibility Behaviors

## Section 2: Identity and Image Alignment

- 1** The way I see myself internally reflects who I have become today. **1 2 3 4 5**
- 2** My professional image aligns with my current level of growth and capability. **1 2 3 4 5**
- 3** I feel that my outward presence accurately represents my identity and strengths. **1 2 3 4 5**
- 4** I feel confident allowing others to see my authentic leadership qualities. **1 2 3 4 5**
- 5** My internal self-image supports my professional growth rather than limiting it. **1 2 3 4 5**

**Section Total:** \_\_\_\_\_

## Section 3: Visibility Behaviors

- 1** I actively pursue opportunities where my voice or ideas can be heard. **1 2 3 4 5**
- 2** I share my perspective even when others in the room have more authority or experience. **1 2 3 4 5**
- 3** I am comfortable being recognized for my contributions. **1 2 3 4 5**
- 4** I allow my work and accomplishments to be visible rather than hidden. **1 2 3 4 5**
- 5** I am open to leadership roles when opportunities arise. **1 2 3 4 5**

**Section Total:** \_\_\_\_\_

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# Section 4: Internal Barriers to Visibility

Rate each statement honestly — this section helps surface patterns that may be quietly limiting your presence.

Statement	Score (1-5)
I sometimes hesitate to speak because I worry how others will perceive me.	1 2 3 4 5
I occasionally minimize my strengths or accomplishments.	1 2 3 4 5
I hold back ideas until I feel completely certain.	1 2 3 4 5
I sometimes feel that others are more qualified or deserving of visibility.	1 2 3 4 5
I have experienced moments where self-doubt influenced my willingness to show up fully.	1 2 3 4 5

 **Section Total:** \_\_\_\_\_

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# Section 5: Leadership Visibility Readiness

1

I am willing to step into opportunities that require greater visibility.

1 2 3 4 5

2

I am comfortable representing ideas, teams, or initiatives publicly.

1 2 3 4 5

3

I believe my voice can positively influence others.

1 2 3 4 5

4

I see myself as someone capable of leading in visible spaces.

1 2 3 4 5

5

I am prepared to grow into a stronger public presence.

1 2 3 4 5

Section Total: \_\_\_\_\_ | Add all section totals → Total Score: \_\_\_\_\_ / 125

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# Reflection

Based on your responses, answer the following questions.

## Strengths

What areas of visibility feel strongest for you?

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## Patterns

What patterns of hesitation or limitation did you notice?

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## Action

What is one action you could take to increase your visibility this month?

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# Personal Visibility Statement

Complete the sentence below.

**I am ready to show up as someone who**

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