

Balance Confidence Check-In

What can you do - and what do you no longer feel comfortable doing? Use this worksheet to notice the difference between physical ability and confidence.

Use this as an observation tool, not a balance test. Do not force yourself into an activity that feels unsafe. Seek appropriate medical attention for sudden major balance changes, repeated falls, severe dizziness, fainting, new weakness or numbness, confusion, chest pain, or unusual shortness of breath.

Activity	Physically able?	Feel confident?	Avoiding it?	What worries me?	Easier version I could try
Walking outside					
Using stairs					
Shopping					
Turning around					
Unfamiliar places					

What affects my confidence most? ☐ Fear of falling ☐ Previous fall/near-fall ☐ Fatigue ☐ Uneven surfaces ☐ Crowds ☐ Dizziness ☐ Poor lighting ☐ Unfamiliar surroundings ☐ Other: _____

One activity I would like to feel more comfortable doing:

A smaller or safer version I could try:

Helpful reminder: Confidence and ability are related, but they are not identical. The goal is to notice the gap - not to ignore caution or prove anything.