

Personal Resilience Assessment

To assess your resilience and identify areas to address in your Personal Resilience Plan, read each statement and enter a number indicating how often you engage in the behavior or embrace the attitude. For example, a **3** indicates that **you engage in the behavior or embrace the attitude almost always**, whereas a **0** indicates **you rarely if ever engage in the behavior or embrace the attitude**.

Scale: 0 = Rarely or never 1 = Infrequently 2 = Frequently 3 = Almost always

- _____ I let go of situations I can't do anything about.
- _____ I get enough exercise.
- _____ I believe I can influence the direction my life takes.
- _____ When negative things happen to me, I bounce back.
- _____ During periods of change, I maintain a hopeful attitude.
- _____ If I have to, I can handle things on my own.
- _____ I know how to lower my stress when it gets too high.
- _____ I eat healthy foods and get proper nutrition.
- _____ When needed, I take time out to "recharge."
- _____ I view challenges as learning opportunities.
- _____ I take responsibility for my actions and choices.
- _____ When I need support or assistance, I ask for it.
- _____ I enjoy learning new things.
- _____ I express empathy for others who are facing difficulties or challenges.
- _____ I maintain positive contact with family and friends.
- _____ I recognize when I am stressed.
- _____ I express my feelings in an appropriate manner.
- _____ I have beliefs and values that help me navigate the challenges in my life.
- _____ I am generally optimistic.
- _____ I take time to meditate or quietly reflect.
- _____ When something isn't working, I do what I can to correct it.
- _____ I engage in fulfilling activities outside of work.
- _____ I express gratitude for the blessings in my life.
- _____ I let go of resentment or bitterness.
- _____ I am organized enough to get things done.
- _____ I laugh and find humor in my life.
- _____ I look at challenging situations from more than one perspective.
- _____ I apply my values and sense of purpose in my work.
- _____ I spend time outdoors enjoying the natural world.
- _____ I am friends with myself.

Total Score

After totaling your score, read your assessment results on the back of this form. Remember that this is an overall assessment. You may have some areas where you are more resilient than others. To identify areas you want to focus on in your Personal Resilience Plan, review your lowest scored items.

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0 to 22	<p>You probably find change and challenges difficult to manage and stressful. At times, you may even feel that your entire life is a struggle. Also, you may believe that you have little control or influence over what happens to you.</p> <p>You may find it helpful to work with a coach or mentor in designing and implementing your Personal Resilience Plan. Focus on those areas where your scores are lowest. Don't try to tackle too many goals or changes at once. Start small. Keep it simple.</p>
23 to 45	<p>You probably have some skills for managing change and challenges, but these tend to come and go depending on the situation you are facing and your mood. When stresses pile up, you may feel incapable of taking positive action. Also, you may waiver in your belief that you can make a positive difference in your situation.</p> <p>You may find it helpful to work with a coach or mentor in designing and implementing your Personal Resilience Plan. Focus on those areas where your scores are lowest. Don't try to tackle too many goals or changes at once. Start small. Keep it simple.</p>
46 to 68	<p>You probably have numerous skills for managing change and challenges, and these are usually at your disposal when needed. When stresses pile up, you can usually maintain a positive attitude and bounce back from setbacks. Also, you generally believe you can make a positive difference in your situation.</p> <p>You may find it helpful to identify areas for enhancing your resiliency skills and incorporate these into your Personal Resilience Plan. You are already doing well in many areas, so identify those that can be further improved.</p>
69 to 90	<p>You probably have a strong set of skills and personal attributes for managing change and stress. You may even enjoy taking on the challenges of change and problem solving. Also, you believe strongly in your ability to make a positive difference in your situation, whatever it may be.</p> <p>Your Personal Resilience Plan should focus on maintaining your resiliency skills and attributes. You are doing well overall, so your behaviors and attitudes are working. Keep it up.</p>