

RESILIENCE SELF-ASSESSMENT

Complete the survey below to determine your current level of resilience, where:

1 = Almost Never 2	= Rarely	3 = Sometimes	4 = Almost Always		_	
I adapt to changing situations e	easily.		1	2	3	4
I seek social support and conne	ection.		1	2	3	4
I practice meditation and mind	fulness.		1	2	3	4
I regularly set and achieve goal	S.		1	2	3	4
I challenge myself, try new thir	igs, and get out	of my comfort zone.	1	2	3	4
I believe tough times make me	stronger.		1	2	3	4
I embrace setbacks and failure.			1	2	3	4
I proactively manage stress.			1	2	3	4
I donate time, money, or resou	rces to help oth	ners.	1	2	3	4
I am aware of my mood and ho	w it affects my	behavior.	1	2	3	4
I stay calm in stressful situation	ıs.		1	2	3	4
I set clear boundaries.			1	2	3	4
I make time to do the things I e	enjoy.		1	2	3	4
I find ways to experience humo	or and laughter.		1	2	3	4
I learn something from my seth	oacks.		1	2	3	4
I believe in myself.			1	2	3	4
I surround myself with positive	people.		1	2	3	4
I take time to express gratitude	and appreciati	ion.	1	2	3	4
I take time to experience diffic	ult emotions lik	e sadness, grief, or ar	nger. 1	2	3	4
I make exercise and sleep a pri	ority.		1	2	3	4
	I adapt to changing situations of seek social support and connect practice meditation and mind. I regularly set and achieve goal I challenge myself, try new thir. I believe tough times make me I embrace setbacks and failure. I proactively manage stress. I donate time, money, or resout am aware of my mood and hot I stay calm in stressful situation. I set clear boundaries. I make time to do the things I et I find ways to experience humon I learn something from my setter I believe in myself. I surround myself with positive I take time to express gratitude I take time to experience difficit	I adapt to changing situations easily. I seek social support and connection. I practice meditation and mindfulness. I regularly set and achieve goals. I challenge myself, try new things, and get out I believe tough times make me stronger. I embrace setbacks and failure. I proactively manage stress. I donate time, money, or resources to help oth I am aware of my mood and how it affects my I stay calm in stressful situations. I set clear boundaries. I make time to do the things I enjoy. I find ways to experience humor and laughter. I learn something from my setbacks. I believe in myself. I surround myself with positive people. I take time to express gratitude and appreciation.	I adapt to changing situations easily. I seek social support and connection. I practice meditation and mindfulness. I regularly set and achieve goals. I challenge myself, try new things, and get out of my comfort zone. I believe tough times make me stronger. I embrace setbacks and failure. I proactively manage stress. I donate time, money, or resources to help others. I am aware of my mood and how it affects my behavior. I stay calm in stressful situations. I set clear boundaries. I make time to do the things I enjoy. I find ways to experience humor and laughter. I learn something from my setbacks. I believe in myself. I surround myself with positive people. I take time to experience difficult emotions like sadness, grief, or an	I adapt to changing situations easily. I seek social support and connection. I practice meditation and mindfulness. I regularly set and achieve goals. I challenge myself, try new things, and get out of my comfort zone. I believe tough times make me stronger. I embrace setbacks and failure. I proactively manage stress. I donate time, money, or resources to help others. I am aware of my mood and how it affects my behavior. I stay calm in stressful situations. I set clear boundaries. I make time to do the things I enjoy. I find ways to experience humor and laughter. I learn something from my setbacks. I believe in myself. I surround myself with positive people. I take time to experience difficult emotions like sadness, grief, or anger.	I adapt to changing situations easily. I seek social support and connection. I practice meditation and mindfulness. I regularly set and achieve goals. I challenge myself, try new things, and get out of my comfort zone. I believe tough times make me stronger. I embrace setbacks and failure. I proactively manage stress. I donate time, money, or resources to help others. I am aware of my mood and how it affects my behavior. I stay calm in stressful situations. I set clear boundaries. I make time to do the things I enjoy. I find ways to experience humor and laughter. I learn something from my setbacks. I surround myself. I surround myself with positive people. I take time to experience difficult emotions like sadness, grief, or anger. I 2 I take time to experience difficult emotions like sadness, grief, or anger.	I adapt to changing situations easily. I seek social support and connection. I practice meditation and mindfulness. I regularly set and achieve goals. I challenge myself, try new things, and get out of my comfort zone. I believe tough times make me stronger. I embrace setbacks and failure. I proactively manage stress. I donate time, money, or resources to help others. I am aware of my mood and how it affects my behavior. I stay calm in stressful situations. I set clear boundaries. I make time to do the things I enjoy. I learn something from my setbacks. I believe in myself. I take time to experience difficult emotions like sadness, grief, or anger. I a 3 I take time to experience difficult emotions like sadness, grief, or anger. I 2 3 I take time to experience difficult emotions like sadness, grief, or anger. I 2 3 I take time to experience difficult emotions like sadness, grief, or anger.

Totals for each column:		

Sum of Column Totals: _____



SCORING & ACTION STEPS

60-80 Points You are a rock star and are making proactive choices to build strength and resilience. Keep doing what you're doing and look for ways to help others do the same.

40-59 Points You are making steady progress to build your resilience muscle. Pick any item where you scored 3 or lower and identify actions you can take to make improvements.

0-39 Points You have a great opportunity to grow your ability to navigate stress, manage change, and recover from setbacks. Take small steps to incorporate some of these habits and skills into daily life.

Identify 1-2 action steps you can take to help continue to build resilience. How will you hold yourself accountable:

