




# RESILIENCE RESET

 anne grady group

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# 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

1. I adapt to changing situations easily.	1	2	3	4
2. I seek social support and connection.	1	2	3	4
3. I practice meditation and mindfulness.	1	2	3	4
4. I regularly set and achieve goals.	1	2	3	4
5. I challenge myself, try new things, and get out of my comfort zone.	1	2	3	4
6. I believe tough times make me stronger.	1	2	3	4
7. I embrace setbacks and failure.	1	2	3	4
8. I proactively manage stress.	1	2	3	4
9. I donate time, money, or resources to help others.	1	2	3	4
10. I am aware of my mood and how it affects my behavior.	1	2	3	4
11. I stay calm in stressful situations.	1	2	3	4
12. I set clear boundaries.	1	2	3	4
13. I make time to do the things I enjoy.	1	2	3	4
14. I find ways to experience humor and laughter.	1	2	3	4
15. I learn something from my setbacks.	1	2	3	4
16. I believe in myself.	1	2	3	4
17. I surround myself with positive people.	1	2	3	4
18. I take time to express gratitude and appreciation.	1	2	3	4
19. I take time to experience difficult emotions like sadness, grief, or anger.	1	2	3	4
20. I make exercise and sleep a priority.	1	2	3	4

Totals for each column:    \_\_\_  \_\_\_  \_\_\_  \_\_\_

Sum of Column Totals: \_\_\_\_\_

# SCORING & ACTION STEPS

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- 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:**