

Resilience Self-Assessment

Complete the following self-assessment to help determine your current level of resilience.

Circle the following for each statement:

4 = Almost Always 3 = Sometimes 2 = Rarely 1 = Almost Never

	Almost Always	Sometimes	Rarely	Almost Never
1. I adapt to changing situations easily.	4	3	2	1
2. I notice when things are going poorly in my relationships.	4	3	2	1
3. I practice meditation and mindfulness.	4	3	2	1
4. I set and achieve goals.	4	3	2	1
5. I challenge myself and try new things.	4	3	2	1
6. I believe difficult situations make me stronger.	4	3	2	1
7. I embrace setbacks and failure.	4	3	2	1
8. I am satisfied and proud of the life I live.	4	3	2	1
9. I assess situations from different points of view.	4	3	2	1
10. I “read” people well and trust my intuition.	4	3	2	1
11. I respond well in a crisis.	4	3	2	1
12. I treat myself with kindness.	4	3	2	1
13. I know my strengths and focus on them.	4	3	2	1
14. I find ways to experience humor and laughter.	4	3	2	1
15. I learn something from my setbacks.	4	3	2	1



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16. I am self-confident.	4	3	2	1
17. I surround myself with positive people.	4	3	2	1
18. I take time to express gratitude and appreciation.	4	3	2	1
19. I take time to grieve.	4	3	2	1
20. I eat well, get enough rest, and exercise.	4	3	2	1

Scoring:

70–80 points = Appreciate your resilience. Keep doing what you’re doing and look for subtle ways to boost resilience and take time to teach others how to bounce back.

60–69 points = You already get back up. There are a few things you can do to improve your current level of resilience and get up faster. Read *Strong Enough: Choosing Courage, Resilience, and Triumph* to learn how!

50–59 points = Pay attention to your recovery time. What can you do to shorten the time you’re down?

Fewer than 50 points = This is your opportunity to practice resilience. Pick any item where you scored 3 or lower and identify an action step you can take.

Describe one to two action steps you can take to build your resilience rating:



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