

PERSONAL RESILIENCE QUIZ* – How Resilient Am I Today?

RELATIONSHIPS	YES	SOMETIMES	NOT YET
1. I have good friends who support me			
2. I have a mentor or someone who I consider a guide			
3. I regularly provide support to others			
4. I am empathetic to others			
5. I know how to set healthy boundaries with people			
6. I have great trust in my close friends			
7. I have a network/community of people that I identify with and can turn to for support			
TOTAL			

INTERNAL BELIEFS	YES	SOMETIMES	NOT YET
8. My role as a caregiver is important to me			
9. I have a clear sense of my personal strengths			
10. I am creative			
11. I have strong beliefs and values			
12. I am hopeful about the future			
13. I have a clear sense of my purpose in life			
14. I maintain a positive and optimistic attitude during difficult situations			
15. I feel lovable			
TOTAL			

*Adopted from the Devereux Adult Resilience Survey and the ASAP Personal Resilience Affinity Group

INITIATIVE	YES	SOMETIMES	NOT YET
16. I communicate effectively with those around me			
17. I try many different ways to solve a problem			
18. I have a regular and healthy hobby that I engage in			
19. I seek out new knowledge			
20. I am open to new ideas			
21. I laugh often			
22. I am able to say no			
23. I can ask for help			
24. I have skills to help me relax and manage stress			
TOTAL			

SELF-CONTROL	YES	SOMETIMES	NOT YET
25. I express my emotions			
26. I set limits for myself			
27. I am flexible			
28. I can calm myself down			
29. I know how to turn stress into a positive energy I can use			
30. I practice self-care and have healthy outlets and routines			
TOTAL			

GRAND TOTAL PERSONAL RESILIENCE SCORE TODAY			
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PERSONAL RESILIENCE STRATEGIES – What Areas Can I Improve and What Strategies Can I Deploy?

RELATIONSHIPS	INTERNAL BELIEFS	INITIATIVE	SELF-CONTROL

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