

What is Your Resiliency Score; A Quick Self-Assessment

Personal Resiliency allows us to handle change and challenge with flexibility. Reduced levels of resiliency can cause burnout, cynicism, and stress, even depression. For a ‘quick’ check of your current resiliency potential, answer the following questions as honestly and as realistically as possible. Score each question from 1 to 5, with 5 as the highest possible score.

5 = Strongly Agree 4=Agree 3=Agree/Disagree 2=Disagree 1=Strongly Disagree

1. I am a good listener and focus well on other people. _____
2. I take educated risks, relying on both my intuition and actual facts. _____
3. I am healthy and physically fit. _____
4. People describe me as a good communicator. _____
5. I am often able to see a “silver lining” in bad experiences. _____
6. I actively seek creative ways to solve personal and work challenges. _____
7. I rarely blame others for mistakes or when things are not going well. _____
8. It is very easy for me to ask others for help. _____
9. I have a passionate interest or hobby outside of work. _____
10. I am flexible and adaptable. _____
11. In general, I am optimistic and see the ‘glass as half full’. _____
12. When things are tough, I bounce back quickly. _____
13. I am able to laugh at myself and use humor in tough situations. _____
14. I have some very close friends I can talk to, and express my feelings. _____
15. In a crisis, I can slow down, think carefully and take action. _____
16. Uncertainty does not cause me high levels of distress or worry. _____
17. I like myself, and generally feel self-confident. _____
18. I am very curious and interested in new ideas. _____
19. I have a clear picture and direction of where I am heading in life. _____
20. I am a very good problem solver who usually finds solutions. _____

Add up your score. But keep in mind that this is a self-assessment and not a definitive diagnostic tool. It suggests directions for change and development.

Here is our view of your score’s implications:

80-100: You are a highly resilient person.

60-79: Above average resiliency, with room for improvement.

40-59: Just average. You may face added distress. It is time to take some action.

20-39: You are at risk. Consider resources for change now.

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