

# What is Your Resiliency Score?

## A Quick Self-Assessment

5 = Strongly Agree		4 = Agree	3 = Agree /Disagree	2 = Disagree	1 = Strongly Disagree
Question #	Description of Question				Score
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	
<b>SCORING: Add up your score</b>		<b>TOTAL =</b>
<b>Keep in mind that this is a self-assessment and not a definitive diagnostic tool.</b> <b>It suggests directions for change and development.</b>		
<b>Here is our view of your score's implications:</b>		
<b>80-100:</b>	You are a highly resilient person.	
<b>60-79:</b>	Above average resiliency, with room for improvement.	
<b>40-59:</b>	Just average. You may face added distress. It is time to take some action.	
<b>20-39:</b>	You are at risk. Consider resources for change now.	