

Building Personal Resilience | Self Assessment Worksheet

INSTRUCTIONS

- 1** | Circle a number to indicate how true each of the following statements is
- 2** | Discuss with your coach how to leverage your strengths and build weaker areas

- 1** | Not at all true
- 2** | Rarely true
- 3** | Sometimes true
- 4** | Mostly true
- 5** | Always true

I have good knowledge of myself	1	2	3	4	5
I have a positive attitude	1	2	3	4	5
I am flexible and can adapt to changing circumstances	1	2	3	4	5
My physical health is good	1	2	3	4	5
My emotional health is good	1	2	3	4	5
I am able to see multiple perspectives on a situation	1	2	3	4	5
I am able to take a big-picture or long-term perspective	1	2	3	4	5
I am able to learn from setbacks	1	2	3	4	5
I have a sense of influence over outcomes	1	2	3	4	5
I don't spend energy on things I can't control	1	2	3	4	5
I develop contingency plans	1	2	3	4	5
I have a good support system	1	2	3	4	5
I am able to ask for help	1	2	3	4	5
I am resourceful	1	2	3	4	5
I don't take things personally	1	2	3	4	5
I focus my attention on the present versus dwell on past regrets	1	2	3	4	5
I plan for the future versus worry about the future	1	2	3	4	5
I am able to let go of unconstructive thoughts or feelings	1	2	3	4	5