



Rate Your Current Resilience

On a scale of 1 -10 put a number that reflects your current strength in each area on the wheel. 1 is very weak and 10 is very strong

Looking back I see the 'happy coincidences' in difficult times		I am able to return to a calm state even after feeling upset	
I have inner values/beliefs that support me through out my life		I can control my impulses and think ahead about possible consequences	
I have negotiated difficult times and feel they add to my experience and confidence as a person		I am able to tolerate uncertainty in my life	
I feel hopeful that I can make a positive difference in my community		I easily find relaxation and pleasure in life	
I am able to identify problems in my life and apply problem solving ideas		I have people I can turn to for emotional support	
I am able to set goals and work towards them		I have colleagues that I can turn to for professional advice	
I prepare for possible difficulties		I actively seek out other peoples views and opinions	
I feel effective in my life		I have social networks that give me a sense of belonging	
I create systems and processes that bring organisation to my life		I am rational and positive in my thinking	
I regularly exercise and feel the benefit		I am aware of the effect that my thoughts have on my well being	
I choose the best diet for my wellbeing		I am able to listen to other people's point of view	
I have ways of relaxing other than cigarettes, alcohol or food		I am able to adjust my expectations to accommodate other's styles	



Resilience Review

Strengths

Areas to Work On

<u>Strengths</u>	<u>Areas to Work On</u>

