

## RESILIENCE REFLECTION

Adapted from Patricia Morgan, [solutionsforresilience.com](http://solutionsforresilience.com)

Celebrate the resilient aspects you have in place and take action to improve the rest - one small step at a time. Score your resilience and take action to better flourish and thrive. There are no right or wrong answers – simply reflect and rate yourself according to the following scale:

0 = never      1 = seldom      2 = sometimes      3 = often      4 = always

1.	I quickly realize when my body is feeling distressed	
2.	I deliberately relax my body when I realize it is strained	
3.	I routinely exercise (approximately 150 minutes per week)	
4.	I eat a wholesome diet (guided by eating whole foods, many greens and not too much)	
5.	I get adequate rest (average 7 to 8 hours)	
6.	I notice and take charge of my thoughts in stressful situations	
7.	I minimize my critical self-talk and engage mainly in supportive self-talk	
8.	I accept my feelings as they are and use them as a personal gauge	
9.	I know and use my personal strengths in my professional and personal life	
10.	I accept life's contradictions and ambiguities	
11.	I change negative comments into positive phrasing	
12.	I listen to others and clearly communicate my position	
13.	I work toward finding a mutual agreement in conflicts	
14.	I minimize my criticism of others while offering helpful feedback	
15.	I assert myself by appropriately saying "yes", "no" or "I'll think about that"	
16.	I feel close and connected to significant others	

17.	I give and receive help/support in my professional and personal life	
18.	I make time for listening in my professional and personal life	
19.	I express appreciation to others professionally and personally	
20.	I encourage and act as a team cheerleader professionally and personally	
21.	I make amends when I cause harm or inconvenience others	
22.	I accept and forgive myself when I make mistakes	
23.	I learn from and give meaning to mistakes, hurts and disappointments	
24.	I view work, relationships, and life with realistic optimism	
25.	I have realistic goals and expectations of myself and others	
26.	I laugh at myself while taking my responsibilities seriously	
27.	I find pleasure, gratitude and meaning in my life	
	<b>TOTAL =</b>	

### **Bounce Higher Champ (Score between 83-108)**

Congratulations! You have developed a strong resilience factor. You know that it takes daily effort to bounce back from big and little strains. You support yourself with affirming self talk, a healthy lifestyle, and a supportive network. You have a sense of humour and an optimistic attitude. Accepting responsibility for your pain, laughter and purpose has strengthened who you are.

### **Bouncy Challenger (Score between 38 to 82)**

You have strength in some factors of resilience while other areas need attention. Celebrate what is working and take an inventory of the weaker aspects. Note the answers you scored 0 or 1. Then develop a plan that will address your resiliency needs. Consider reading articles, books, taking a course and finding reasons to smile more often.

### **Bounced Out (Score between 0 to 37)**

If you are not already, get yourself some help before you become seriously ill. You are at risk for challenges ranging from depression to migraines to irritable bowel syndrome to heart disease. Please make a drastic life change, seek help, and put a plan in place. By working on your physical, mental, and emotional wellbeing and resilience, you will relieve your loved ones of much worry and create the life you deserve.