



Resilience can be learned, cultivated or undermined by what we do every day of our lives.





## HOW RESILIENT ARE YOU?

For each statement, tick the box in the column (A,B,C,D,E) that best describes you. Try to answer questions as you are, rather than as you think you should be.

**A**= Strongly disagree **B**= Disagree **C**= Neither agree nor disagree **D**= Agree **E**= Strongly agree

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
1. When given a new task, I'm confident that I'll succeed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. When one attempt fails, I learn from it and change my approach next time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. When a planned task goes wrong, it doesn't affect my self belief	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have a few people at work who I can speak to about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. issues in the office	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. When I encounter a difficulty, I don't lose sight of my goal quickly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Sometimes I question my commitment to my job	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I have strategies in place for dealing with stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I find it easy to ask my colleagues for help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I feel positive about the future	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I don't worry about issues that I have no control over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Asking for assistance reveals strength	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. When there is fundamental change, I easily embrace new ways of thinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I have strong goals that are clear in my mind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I can discuss my job and its challenges with people outside of work, such as family members and close friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I am more likely to say "yes" than "no"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Failures are easy to forget and successes are easy to remember	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## HOW RESILIENT ARE YOU?

### To calculate your score

- For every tick in column **A** score yourself **1** point
- For every tick in column **B** score yourself **2** points
- For every tick in column **C** score yourself **3** points
- For every tick in column **D** score yourself **4** points
- For every tick in column **E** score yourself **5** points

Then add up all the points to get your total score



**SCORE**  
**38 - 59**

You have little resilience in the workplace, and this may affect your ability to do your job. However, don't let this get the better of you! It's important to identify the causes of this, so that you can take specific action.

Perhaps your confidence is shaky, or you have a negative outlook. Maybe you don't have effective strategies to cope with stress, or you're trying to deal with issues that are beyond your control. Don't give up - there are lots of tools that you can use to unlock resilience and become a positive, productive team member.

**SCORE**  
**38 - 59**

You're not easily defeated, but there's still plenty of room for improvement. Perhaps you need strong goals to focus your efforts, or it could help to reframe your problems as challenges. Maybe you need to address the strength of your working relationships.

Have a look through your answers and try to pinpoint where you need to focus your efforts. You may need to build your skills in just one or two areas or make small changes in several.

**SCORE**  
**60 - 80**

Well done, you're a resilient team member and you're prepared to keep trying until you succeed! You most likely have a solid network of colleagues who you can rely on for support, you deal effectively with stress, and you're flexible in your approach. You're goal oriented, you have a positive disposition and strong values, and you're willing to take on challenges and help people out. However, there's always room for improvement. Check out our tools and strategies in this workbook to see how you can become even more resilient.