

Personal Resilience Quiz: How Resilient am I Today?

	Yes	Sometimes	Not Yet
Relationships			
1. I have good friends who support me.			
2. I have a mentor or someone who shows me the way.			
3. I provide support to others.			
4. I am empathetic to others.			
5. I trust my close friends.			
6. I know how to set healthy boundaries			
7. I have a network I can turn to for support			
Internal Beliefs			
1. My role as a caregiver is important to me.			
2. I have personal strengths.			
3. I am creative.			
4. I have strong beliefs and values.			
5. I am hopeful about the future.			
6. I feel lovable.			
7. I have a clear sense of purpose.			
8. I maintain a positive and optimistic attitude during difficult situations.			
Initiative			
1. I communicate effectively with those around me.			
2. I try many different ways to solve a problem.			
3. I have a healthy hobby that I engage in.			
4. I seek out new knowledge.			
5. I am open to new ideas.			
6. I laugh often.			
7. I am able to say no.			
8. I can ask for help.			
9. I have skills to help me relax and manage stress.			
Self-Control			
1. I express my emotions.			
2. I set limits for myself.			
3. I am flexible.			
4. I can calm myself down			
5. I practice self-care			

Personal Resilience Strategies:

In what areas would I like to improve?

What are strategies to improve in these areas?

Relationships	Internal Beliefs	Initiative	Self-Control