

How Resilient Are You?

IPV CONSULTING

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Put an "X" next to each statement from 1-5 based on the rating system below. Then assess your scores at the bottom of the page. This quiz is designed to discover your level of resilience for the purpose of helping you to improve in targeted areas.

1 = Strongly Disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree		1	2	3	4	5
1	I have 5 supportive/positive relationships in my professional life					
2	I am able to develop alternative solutions when in crisis					
3	At an emotional level, I accept change as a normal part of life					
4	I consistently write down my yearly and monthly goals					
5	I take immediate action on decisions I have made					
6	I often enjoy exploring new ways of expressing my talent/creativity					
7	I have taken risks and tried new activities this year					
8	I can list out 5 personal strengths					
9	Overall, I sincerely enjoy and appreciate my life					
10	I have learned strategies for managing my strongest emotions					
11	My inner-dialogue and "self-talk is mostly positive					
12	I have developed excellent habits in making sure I care for myself					
13	I am able to find opportunities for growth during hard times					
14	I often strive to make a positive difference for others					
15	I am capable of finding good solutions when under pressure					
16	I spend regular time encouraging & educating myself					
17	I have confidence in reaching daily goals					
18	I have a good outlook on life and career					
19	I spend regular time unplugging and relaxing					
20	I focus on my strengths more than my weaknesses					

Scoring

Add up the responses and refer to the scoring below. Review the areas you may have scored lower in and design a plan of action to improve on each.

LEVEL OF RESILIENCY	SCORE
High Resiliency	91-100
Good Resiliency	81-90
Fair Resiliency	71-80
Low Resiliency	61-70
Minimal Resiliency	60 or below