



# *Test your resilience – self-test questionnaire*

Before you start the Resilience Programme it will be useful for you to see just how resilient you are. This test will take you a few minutes to complete and will give you an indication of how you are doing. It will also help you to identify which sessions of this webinar series are going to be most useful to you to fill any gaps in your resilience armour.

Rate yourself from 1 to 5 for the following statements depending on how little or how much you think they are true for you. (1= very little, 5 = very much)

## SELF KNOWLEDGE

1      2      3      4      5

1. When someone gives me feedback I see it as a welcome favour
2. I look for opportunities to discover my strengths and weaknesses
3. I know what I most value in life
4. I know what motivates me and what brings me down
5. I strive to discover more about myself and how others perceive me
6. I know the answer to the question 'What am I really like?'

TOTAL

POSITIVITY

1 2 3 4 5

- 7. I tend to have more positive thoughts than negative thoughts in a typical day
- 8. My performance is never affected by negative thoughts and emotions
- 9. When things go badly I am able to recover from my initial disappointment quite quickly
- 10. When I make a mistake I see it as an opportunity to learn and get it right next time
- 11. I smile and laugh regularly
- 12. I always appreciate the good things in life – especially when times are tough

TOTAL

TAKING CONTROL

1 2 3 4 5

- 13. I have a written plan for my career and lifetime goals
- 14. I write down a plan for most projects
- 15. I know how to make a realistic, measurable plan
- 16. When I encounter problems I take time to analyse the situation and explore options
- 17. I cope well with change – even when it is undesired and unexpected
- 18. I take the initiative to improve relationships with difficult people

TOTAL

**BUILDING STRONG CONNECTIONS**

1      2      3      4      5

- 19. I know which people I can rely on for help and support
- 20. I am not afraid to ask for help and do not see it as a sign of weakness
- 21. I am good at making new connections with people who I like and respect
- 22. I am a confident networker
- 23. I put effort into nurturing and maintaining relationships with people in my network
- 24. I am a good communicator. I know how to actively listen.

TOTAL

GRAND TOTAL

**SCORING**

**First look at your grand total.**

If your grand total is:

- Over 85 you demonstrate high levels of resilience.
- 75 – 85 you show the ability to be resilient in most situations
- 60 – 75 you can cope in some situations
- 50 – 60 you struggle to be resilient
- Under 50 you really need to work on developing your resilience

**Next look at the totals for each of the four sections.**

In which sections is your total score relatively low? You may want to improve your resilience by paying particular attention to the webinar sessions which focus on these topics.