

# Resilience Test

Name:

Date:

Check the boxes based on your personal experiences.

1 = Strongly Disagree

2 = Disagree

3 = Neutral

4 = Agree

5 = Strongly Agree

1. I find that I can bounce back quickly from a challenge in my usual routine.

1.

2.

3.

4.

5.

2. I believe that I have control over my own future.

1.

2.

3.

4.

5.

3. I am able to stay focused and optimistic in difficult situations that arise.

1.

2.

3.

4.

5.

4. I view challenges as opportunities for personal or professional growth.

1.

2.

3.

4.

5.

5. I can adapt well to changes (difficult or not) in my life/usual routine.

1.

2.

3.

4.

5.

6. I am able to maintain a positive outlook even when facing difficulties.

1.

2.

3.

4.

5.

7. I tend to see positives in difficult situations.

1.

2.

3.

4.

5.

8. I feel a strong sense of purpose in my life.

1.

2.

3.

4.

5.

9. I can effectively manage stress in my daily life (personally and/or professionally).

1.

2.

3.

4.

5.

10. I believe that I can learn and grow from my mistakes.

1.

2.

3.

4.

5.

### Score Key

Add all of the total points together.

1 = 1 point

2 = 2 points

3 = 3 points

4 = 4 points

5 = 5 points

10 - 20: Low Resilience

21 - 30: Moderate Resilience

31 - 40: High Resilience

41 - 50: Very High Resilience

### Additional Notes: