

Personal Resilience Index

This questionnaire will help you to assess your current resilience level when facing pressure and challenges. You will get an overall score and a breakdown of how well you rate in the 6 Components of Personal Resilience. It will help you to devise ways of dealing more effectively with difficult situations and bouncing back from them. The results can also provide different means for enhancing your confidence and achieving greater productivity.

Read each of the statements below and give a score for how much you think it is like you and the way you feel or behave about things in general.

Not at all like me 0 _____ 1 _____ 2 _____ 3 _____ 4 Totally like me

	Score
1. I approach new situations and challenges with enthusiasm	_____
2. I can apply the organisation's values in my work	_____
3. I enjoy setting myself goals and achieving them	_____
4. I express my feelings appropriately	_____
5. I enjoy learning new things	_____
6. I turn negative thoughts into positives	_____
7. I take responsibility for my results	_____
8. I "go the extra mile" for others	_____
9. I ask for support when I need it	_____
10. I do not let others impose unrealistic goals on me	_____
11. I recognise when I am stressed	_____
12. I believe I can influence the direction I take in life	_____
13. I initiate and maintain contact with others	_____
14. I eat a well balanced diet	_____
15. I take time out for myself when needed	_____
16. I complete the tasks I start	_____
17. I am open to others' influence	_____
18. I think challenges and difficulties offer me some lessons	_____
19. I know my own strengths and weaknesses	_____
20. I know how to relax when tense and feeling under pressure	_____

21. I have a positive vision of my future _____
22. I act decisively when things are not working _____
23. I am generally optimistic _____
24. I value the differences in others _____
25. I have a plan for my work and tasks _____
26. I show conviction when stating my ideas _____
27. I am able to remain calm under pressure _____
28. I focus on solutions and results _____
29. I recognise others' contributions _____
30. I know what I want to achieve in my work and life _____
31. I manage my resources carefully _____
32. I keep myself physically fit _____
33. I recognise and act upon opportunities _____
34. I have a strategy for achieving my aims _____
35. I bounce back from difficulty _____
36. I try out new ways of working _____
37. I recognise and celebrate success in what I do _____
38. I act with urgency when required _____
39. I seek win/win outcomes when negotiating _____
40. I am clear what I am accountable for _____
41. I recognise what is within my control or influence _____
42. I have clear aspirations for my work _____
43. I give time to others (when they need it) _____
44. I retain a positive outlook during change _____
45. I persevere with difficult tasks _____
46. I plan how to use my time effectively _____

47. I focus on how I can meet others' needs _____
48. I live my values in what I say and do _____
49. I accept when I make mistakes or errors _____
50. I am competitive when it matters _____
51. I learn from successful people and situations _____
52. I know what the purpose of my job is _____
53. I undertake activities outside work for my own enjoyment _____
54. I build and maintain strong networks _____
55. I present my ideas confidently _____
56. I take action when under pressure _____
57. I believe in and practise "can do" thinking _____
58. I seek ways of improving myself _____
59. I follow through on my plans _____
60. I show others that I trust them _____
61. I am realistic about what I can achieve and what is possible _____
62. I recognise the need to change an approach _____
63. I am aware what causes me to feel under pressure _____
64. I tackle uncomfortable situations (with others) _____
65. I am clear about what success will be like _____
66. I organise my time and my work according to priorities _____
67. I know what I need to do to achieve my ambitions _____
68. I show empathy to others' difficulties and concerns _____
69. I have a strong set of beliefs I follow _____
70. I confront and challenge obstacles or difficulties _____
71. I set well-formed outcomes or goals _____
72. I continuously develop my competence and skills _____

- Total _____

Scoring

Transfer your scores into the appropriate box below. (The numbers might appear to be jumbled around. There is a good reason!) When you have completed the table add up each column and put the score at the bottom – and, finally, total them all up.

Item	Score	Item	Score	Item	Score	Item	Score	Item	Score	Item	Score
2		1		7		5		8		4	
3		6		14		11		16		9	
18		10		15		19		22		13	
21		12		20		27		28		17	
30		23		25		35		33		24	
34		26		31		41		36		29	
42		37		32		49		38		43	
48		39		40		51		45		47	
52		44		46		56		50		54	
59		55		53		58		57		60	
67		61		66		63		62		64	
69		65		71		72		70		68	

Sense of Purpose

Positive Realism

Self-management

Self-awareness

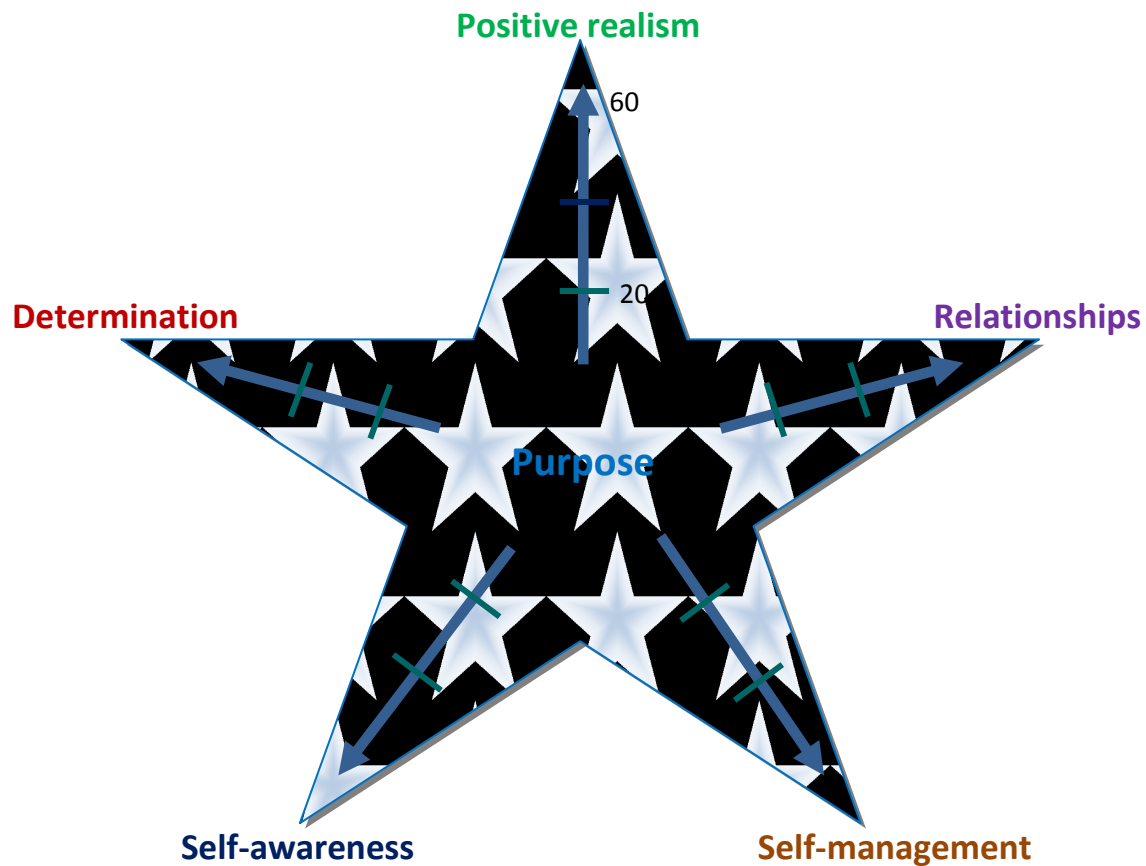
Determination

Relationships

Overall total _____

What does your score tell you?

You can use the diagram below to plot your scores for each of the 6 Components of Personal Resilience if you choose to do so. For purpose just write your total close to the word in the centre. For the other 5 components, mark your score on the arrow at the appropriate point.



0 – 100 Not very resilient

You struggle with change and uncertainty and might find things feel stressful at times when these are happening. You probably prefer life to be a bit more certain and stable so that you can relax and look forward to things. It is possible you find yourself spending a lot of time feeling as though everything is a struggle. You may feel that things “happen” to you and around you because you have no control or influence. You can definitely help yourself by looking at your scores for the individual components and identifying areas where you want to make improvements. You may find it helpful to develop a plan of action and, maybe, even get someone to support you with it as a coach or mentor.

101 – 160 Resilient some of the time.

You have some skills and strategies for handling pressure, tough times and difficulties. However, they probably to come and go, especially if you feel as though things are mounting up. When this happens, you find it harder to think and act positively and may have difficulty coping with the demands you feel are being made of you. Look at your scores for the different components and think about where you can take some actions to raise these and start to increase your personal resilience.

161 – 225 Reasonably resilient much of the time. Many people would probably think that you are quite good at dealing with change, challenge and pressure because you usually are able to use your resources to do so. On balance, you are more positive in the way you view things and able to handle set-backs without getting too down about life. Being able to do this some of the time does tell you that you could do it even more often and become even more resilient and stronger in the face of pressure or difficulties. See which of the components, or what specific elements within them, would help you to move to the next level. Plan to start doing something about them.

226 + Very resilient most of the time.

You have a number of skills and personal qualities which help you to cope with pressure from whatever source. In fact, you probably quite enjoy challenge and change and handle yourself confidently. You recognise that you are able to take responsibility for yourself, your thoughts and your feelings. This helps you maintain a resilient attitude and to stay positive and have a strong sense of purpose and direction. To keep yourself at this level, keep your awareness of the 6 components and how well you can apply them in your day to day life.