

Resilience Assessment Worksheet

Resilience:

Bouncing, pivoting, adapting, being able to go with the Flow, you and your career. The land of strength, courage, and energy.

"More than education, more than experience, more than training, a person's level of resilience will determine who succeeds and who fails. That is true in the cancer ward, it is true in the Olympics, and it is true in the Boardroom." - [Dean M. Becker](#)

Let's face it, today's work environments can be stressful and challenging. To perform at your optimal best while feeling fulfilled takes sustained effort. Resilience is the ability to regulate stress and sustain optimal performance. A resilient person is not someone who avoids stress but someone who learns how to master it and optimize performance while doing so effectively.

Instructions:

Rate your current state with a number between 1-10 for each of the critical elements of Resilience:

Score: 1-10 (1=No 10=Yes)	
<u>Daily 4 "Non-Negotiables":</u> (Daily, I focus on taking good care of myself and practice good sleep habits, exercise habits, eat healthily, and manage my thoughts and states of mind). Individually score each of the following 4 Daily "Non-Negotiables":	
Sleep Right	
Move Right (walking, working out, running, whatever gets you out and moving during each day)	
Eat Right	
Think Right (Daily meditation practice, mindfulness practice, and consistent reflection practice)	
<u>Community:</u> (I have a diverse and robust community of friends and family that support me)	
<u>Play:</u> (I get out and play at least once per week – play with my kids, ride my bike, musical instrument, etc. – at least once per week.)	

Go back and look at your scores.

If a significant number of your scores fall into the 3 – 6 zone, it's past time to take action! Are you caught on the treadmill of the never ending to do list and burning out?

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We all get busy and slowly neglect our self-care if not careful. Regularly paying attention and assessing helps you make the necessary changes to maintain a high level of resilience in your work. What steps can you begin to take to boost your lowest scores? What is within your control to increase those lowest scores by just one point? Start small, take steps daily. Your goal is get all scores to no less than a 9.

Questions to consider:

What do I need to do to hit all four daily “Non-Negotiables”. What needs to happen so that I can commit to this daily practice?

How can I spend more quality time with my friends and family outside of work? Is there someone who I haven’t connected with in too long?

What does play mean to me? What can I commit to doing every week that would be fun and playful?

Bottom line:

Do you need help creating resilience in your career? I'm here to help! Reach out by using this link to schedule a time to chat: <https://calendly.com/flo-coaching/15min>