



Resilience

Module Three

A Promoting Excellence
Online Course

This is part of a series of online courses
available from Promoting Excellence
Leadership Consultants.



Promoting
Excellence

Resilience Questionnaire Module 3

RESILIENCE: Rate yourself from 1 – 5 on the following: 1 = very little, 5 = very strong

Ask yourself...	
Do I make myself calm and focus on taking useful actions when in difficult situations?	
Am I usually optimistic? Do I see difficulties as temporary and expect to overcome them?	
Can I tolerate high levels of uncertainty about situations?	
Can I adapt quickly to new developments? Am I good at bouncing back from difficulties?	
Am I fun? Do I find the humour in rough situations, and can I laugh at myself?	
Do I have friends I can talk with, express my feelings to, and even ask for help? Do feelings of anger, loss and feeling down last for long?	
Do I feel self-confident, appreciate myself and have a positive concept of who I am?	
Am I curious, ask questions, want to know how things work? Do I like to try new ways of doing things?	
Do I learn valuable lessons from my experiences and from the experiences of others?	
Am I good at solving problems? Can I use logic, be creative or use practical common sense?	
Am I good at making things work well? Am I often asked to lead groups and projects?	
Am I very flexible? Do I feel comfortable with my complexity? Am I both optimistic and pessimistic, both trusting and cautious, both unselfish and selfish and so forth?	
Am I always myself, but different in different situations?	
Do I prefer to work without a written job description? Am I more effective when I'm free to do what I think is best in each situation?	
Do I "read" people well and trust my intuition?	
Am I a good listener? Do I have good skills of empathy?	
Am I non-judgemental about others and adapt to the personality styles of others?	
Do I cope well during tough times? Do I have an independent spirit whilst working cooperatively with others?	
Have I been made stronger and better by difficult experiences?	
Have I converted misfortune into good luck and found benefits in bad experiences?	

Your Resilience Score is:

80 or higher very resilient

65-79 better than most

50-64 acceptable

49 and under – work on improving your resilience using the slides here to help