



**A PERSONAL
RESILIENCY SELF
- ASSESSMENT**

DEFINITION OF RESILIENCY

Resiliency is the ability to compatibly prevent and adapt to difficulties, adversities, and crises you experience.

A PERSONAL RESILIENCY ASSESSMENT

For each of the following statements, evaluate yourself and answer:

1	SA (Strongly Agree)	3	D (Disagree)
2	A (Agree)	4	SD (Strongly Disagree)

01. In the «Evaluation Results» table, add the number of options in each of the four columns
02. Then multiply each of the four totals by the factor indicated in the table «Evaluation Results» and write the result for each column in the line «Total» located in the table «Evaluation Results»
03. Add the totals from all 4 columns. This amount is the percentage of your personal resilience.

Optional

In the future you can take the self-assessment again to see where you stand.





		SA	A	D	SD
01	When something is important to me, I stick with it to completion				
02	I am very confident about challenges I do well				
03	I tend to be understanding of others experiencing adversity				
04	I enjoy highly controversial or confronting conversations.				
05	Quite often I take a stand because I believe "it's the right thing to do!"				
06	I am 100% responsible for the results in my life				
07	I avoid committing to more projects than I can competently handle				
08	I give myself time to recover from a highly emotional situation				
09	I am open to others about my personal life				
10	I am responsible for learning interpersonal skills critical to my success				
11	Once I make a difficult decision, I responsibly accept the consequences				
12	I am constantly trying new things that challenge me				
13	I am confident about my ability to competently handle my life				
14	During a crisis, I am usually calm and in control				
15	I am responsible for personal events, in a leadership role, that I cannot control				



		SA	A	D	SD
16	I enjoy learning about things outside of my reality				
17	I rely on trusted friends to help me see a greater perspective about a problem				
18	When I make promises to others, I keep my word				
19	I am open to personal transformation when change is inevitable				
20	I am responsible for personal events, even if unfairness is involved				
21	I tend to associate with people who are high performers				
22	I use personal growth as a means of avoiding upsetting situations				
23	I get as much information as possible before making an important decision				
24	I am open to views which are diametrically different from my own				
25	When I experience a major challenge, I seek the help of others				



SURVEY EVALUATION	SA	A	D	SD
Total Number of Choices in Each Column				
Multiply the Column Totals by the Following Factors	X4	X3	X2	X1
Products				
The Sum of Your Products Equals Your Personal Resiliency Percentage	%			

ANALYSIS AND INTERPRETATION OF THE PERSONAL RESILIENCY SURVEY

1. Assess a group/organization/individual, in terms of their overall resiliency-based upon the four-choice responses: SA, A, D, SD.
2. Create a percentage distribution, for a collective group/individual, based upon the following percentage or numerical ratings:
100% (SA) 75% (A) 50% (D) 25% (SD)
3. The Analysis is used to make an overall assessment of a collective prior to a facilitative presentation using the evaluation criteria shown below.

On a scale of 0 to 100%, what percent is your overall resiliency percentage, according to the definition below?

- Excellent (100% to 85%)
- Fair (69% to 55%)
- Very Good (84% to 70%)
- Needs Assistance (Less than 55%)





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