



Inspire extraordinary performance in yourself and others

Resiliency Worksheet

Mindfulness: How much are you aware and focused on the present moment, acknowledging your feelings, thoughts, sensations. Mindfulness can be increased through meditation and is correlated to well being and perceived health and decreased worry and rumination. Journaling, reflection, or sharing experiences with another are all ways to become aware and increase your mindfulness

Interpreting Negative Events: Failure and tough circumstances are often pre-cursors to breakthroughs that lead to success. The key is to be confident that there is something to be learned, and therefore gained from the experience and to keep moving forward despite the current tough circumstances.

Enhancing Positive Emotions: Engage with your thoughts and circumstances at the present. Determine what you can be thankful for and habitually enter it in a journal. If you are not likely to journal, share what you are thankful for with another person verbally. Challenge yourself to be consistent and deeply search for the unique things that you are thankful for each day.

Physical Fitness and Health: The Centers for Disease Control and Prevention (<https://www.cdc.gov/physicalactivity/basics/pa-health/>) report that as little as 3 to 5 sessions weekly of 30-60 minute aerobic and muscle-strengthening activities can reap huge benefits. “Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better”, thus increasing resiliency.

Relevance and Challenge: Doing work that matters and being challenged by the tasks that are a part of that work helps build resilience in individuals and in teams.

Meaningful Social Connections: No matter your own personal degree of introversion or extraversion, we are social beings and building meaningful social connections can increase resilience by helping us by building on common challenges and experiences while decreasing isolation.

Rate your self with this scale: 1 = practiced rarely
 2 = practiced occasionally
 3 = practiced sometimes
 4 = practiced often
 5 = practiced consistently

PRACTICES

Arena of Life	Mindfulness	Reinterpreting Negative Events	Enhancing Positive Emotions	Physical Fitness and Health	Relevance and Challenge	Meaningful Social Connections
Home and Family						
Social and Community						
Work						
Totals						



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Actions:

What were your lowest scores in among the 6 Practices above? Enter them into the 2nd column of the table below. Note any differences in Arena of Life section. For instance is your Mindfulness significantly higher at work than it is at home or within community. Now, complete the third column with a *specific* goal for each of the three lowest practices.

Re-read the descriptions above and write out a goal for each of your lowest scores designed to build your resilience.

example:

	PRACTICE	GOAL TO BUILD RESILIENCY
Lowest Score	<i>Relevance and Challenge</i>	<i>Delegate 10% or more of my work that does not fit well with my skills and enthusiasm</i>
2nd Lowest Score	<i>Mindfulness</i>	<i>Meditate midday and prior to arriving at home for each workday I am in town.</i>
3rd Lowest Score	<i>Reinterpreting Negative Events</i>	<i>Post a reminder that I can learn, especially from negative circumstances and build resilience</i>

	PRACTICE	GOAL TO BUILD RESILIENCY
Lowest Score		
2nd Lowest Score		
3rd Lowest Score		