

Longevity and Resiliency Assessment Survey

Resiliency Capital[®] Region

Please take a few moments to answer these questions about your current lifestyle practices. Complete the survey according to your own habits, or replace the word *I* in the statements below with *My family* if you want to assess your family’s habits. Circle the number that best describes how well you feel about each statement corresponds to your current lifestyle practices using the following scale:.

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Neutral, neither disagree nor agree
- 4 = Agree
- 5 = Strongly agree

This survey is designed to help you discover your own or your family’s resiliency strengths and opportunities for growth. Therefore, it is important to answer each question openly and honestly, but not to worry—only you will see your answers.

Once you complete a section, calculate your score by tallying your total points and then multiplying that number by four—this will give you your percentage out of 100 percent. Sections 1 through 8 are about the resiliency principles, and section S is about your overall approach to a simplified lifestyle, similar to how the centenarians approach living. The category with the highest total score is your or your family’s resiliency strength, and the lowest shows an opportunity for improvement.

1. Nature Engagement

1. I (or my family) routinely get outdoors each and every day for at least 60 minutes.	1	2	3	4	5
2. While outdoors I am physically active.	1	2	3	4	5
3. I get outdoors even when the weather is poor.	1	2	3	4	5
4. I participate in activities that require me to get outdoors each day (e.g., gardening, going on hikes, etc.).	1	2	3	4	5
5. I enjoy spending time outdoors.	1	2	3	4	5

Total= _____ x 4 = _____ out of 100%

2. Active Movement

1. Each day I am moderately active for at least 60 minutes.	1	2	3	4	5
2. I primarily walk, bicycle, or use other physically active forms of transportation rather than a car, public transit, or other motorized vehicles.	1	2	3	4	5
3. I have a pet that I routinely take for a walk each day.	1	2	3	4	5
4. I rarely sit for eight hours or more each day.	1	2	3	4	5
5. My overall lifestyle is more active than sedentary in nature.	1	2	3	4	5

Total= _____ x 4 = _____ out of 100%

3. Simple Foods

1. I routinely eat dinner at home (at least five times a week).	1	2	3	4	5
2. I consume vegetables on a daily basis.	1	2	3	4	5
3. I feel my overall dietary habits are very good.	1	2	3	4	5
4. I do not regularly consume meat (chicken, beef, or pork).	1	2	3	4	5
5. I primarily drink water rather than sports drinks, sodas, or juice.	1	2	3	4	5

Total= _____ x 4 = _____ out of 100%

4. Resting Reset

1. I go to bed at the same time each night and wake at the same time each morning.	1	2	3	4	5
2. I do not work with any electronic devices in bed.	1	2	3	4	5
3. I have one day a week that I am able to rest and take a break from my job or schoolwork.	1	2	3	4	5
4. I tend to sleep through the night and do not wake up when I should be sleeping.	1	2	3	4	5
5. I tend to sleep six or more hours per night.	1	2	3	4	5

Total= _____ x 4 = _____ out of 100%

5. Nurturing Relationships

1. I spend quality time (either face-to-face or over the phone) each day with at least one family member.	1	2	3	4	5
2. I eat one meal with a family member at least four times a week.	1	2	3	4	5
3. I find it easy to forgive family members and friends, and I rarely hold a grudge.	1	2	3	4	5
4. I have at least two close friends whom I can call for help.	1	2	3	4	5
5. I connect with my close friends at least once a month.	1	2	3	4	5
Total= _____ x 4 = _____ out of 100%					

6. Faith Foundation

1. I regularly attend a church, temple, or other house of worship.	1	2	3	4	5
2. I routinely pray, even if I am not under stress.	1	2	3	4	5
3. I believe my life has a higher purpose.	1	2	3	4	5
4. I often turn to God when I need help.	1	2	3	4	5
5. I think it is important in life to have a connection with God.	1	2	3	4	5
Total= _____ x 4 = _____ out of 100%					

7. Positive Mindset

1. I feel I have a lot of energy.	1	2	3	4	5
2. Difficulties or challenges rarely get me down or feeling depressed.	1	2	3	4	5
3. I believe that the choices I make in life have the ability to improve my current situation.	1	2	3	4	5
4. I can do just about anything I really set my mind to.	1	2	3	4	5
5. I often feel empowered in dealing with the problems of life.	1	2	3	4	5
Total= _____ x 4 = _____ out of 100%					

8. Helping Hands

1. I volunteer at least once a week to help others.	1	2	3	4	5
2. In the past month I have willingly helped others with a task on two or more occasions.	1	2	3	4	5
3. I daily give a word of encouragement to another person.	1	2	3	4	5
4. I often roll up my sleeves and get to work helping a friend solve a problem.	1	2	3	4	5
5. I enjoy volunteering as well as encouraging and helping others.	1	2	3	4	5
Total= _____ x 4 = _____ out of 100%					

9. Overall Simplified Living

1. For goals I'm setting and working on achieving, I routinely take the best approach for the task rather than a shortcut.	1	2	3	4	5
2. I rarely shop for and purchase items I don't really need.	1	2	3	4	5
3. Outside of work or school, I spend less than one hour each day on my phone or other screen devices.	1	2	3	4	5
4. In the past month, I rarely felt overly stressed by my daily or weekly schedules.	1	2	3	4	5
5. In general, I would consider my overall lifestyle more simplistic in nature.	1	2	3	4	5
Total= _____ x 4 = _____ out of 100%					

Evaluating Your Score

Now that you've completed the survey, it's time to evaluate your score. Use the scoring rubric below to help you better assess where you stand. If your experience is low in any section, take heart. The program in this book is designed to help you strengthen your overall resiliency.

Excellent **Score: 90–100%**

Congratulations! Based on your score, you are doing an excellent job in this specific resiliency category. Thus far, you and/or your family have found ways to maintain a high level of experience within this resiliency category. You are encouraged to continue to participate in activities that allow you to be engaged with nature, stay active, eat simple foods, rest and reset,

spend time with family and friends, have a foundation in faith, have a positive mindset, and/or help others.

Good **Score: 80–89%**

Your score demonstrates that you're doing a good job at maintaining a fairly high level of experience with this specific resiliency category. You are encouraged to find new and creative ways to continue to maintain and even increase your level of resilience and lower stress.

Fair **Score: 60–79%**

While you're doing a fair job, there is definitely room for improvement within this specific resiliency category. If you notice that one area of resilience needs more support compared to others, implement a strategy to improve that area. You're more likely to succeed if you make small, incremental steps toward increasing resilience. Pinpoint one element that needs improvement each day and then make one small change in an effort to boost your practices there. For example, if you realized that you don't expend much energy during the day, you may want to replace an elevator ride with a walk up the stairs. Or you might choose to do a short workout at home. Whether you need to improve in only a few areas or realize that all of them need work, the accumulation of small steps toward increasing resilience will make a powerful impact in your life.

Needs improvement **Score: less than 60%**

Based on your score, you need to grow in this specific category. Do not be discouraged! Though we lead busy lives that sometimes make it feel impossible to fulfill all our responsibilities and take care of our health, you can adopt many tips and strategies to increase your resilience. The easiest and fastest way to build resilience is by combining activities that will boost your resilience. For example, attend a local church service before sharing a nutritious picnic lunch in the park with friends. Through these two activities, you will participate in nature engagement, faith foundation, resting/reset, family/friends camaraderie, simple foods, and possibly even more. Remember that the ease is in the overlap. By combining activities, the goal of increasing overall whole health much easier and more attainable.

Note: If you scored less than 60 percent in the Simplified Living category, think of ways to simplify your family's lifestyle (such as reducing your spending, avoiding major purchases, reducing your family's dependence on screen devices and other electronics, and freeing up time in your daily schedules) before working on the other principles.