

PERSONAL RESILIENCE ASSESSMENT

	Questions	Responses
Health	How is your sleep? Do you have healthy sleep practices?	
	Do you think you drink enough water? Eat enough healthy food? Limit foods that are less healthy?	
	Do you get regular exercise? How much time do you spend in nature each week?	
Mindset	Do you “should” on yourself? How do you define success in your work?	
	How have messages about your job affected your expectations?	
	What assumptions do you make about your reactions to calls? What about how your reactions compare to others?	
Relationships	If in a romantic relationship, do you feel you spend enough quality time together? Do you believe you are good at communicating with each other?	
	Do you have friends outside of work that you regularly spend time with?	
	Do you feel you can talk with a co-worker if you were concerned about them or if you had your own concerns?	
	If you have children, do you feel you spend enough quality time with them? Are you happy with the relationship you have with them?	

PERSONAL RESILIENCE PLAN		
	To Do List	To Don't List
Health		
Mindset		
Relationships		