

Self-Assessment Psychological Capital

Here's a self-assessment questionnaire to evaluate your current level of Psychological Capital (PsyCap). This assessment will help you identify your strengths and areas for improvement in the four components of PsyCap: Hope, Efficacy, Resilience, and Optimism.

Please note that this self-assessment is not a formal diagnostic tool, but rather a self-reflective exercise to help you gain insights into your Psychological Capital. Use the results to identify areas you may wish to focus on and enhance for personal and professional growth.

Please answer each question honestly, using a scale of 1 to 5, where **1 = Strongly Disagree** and **5 = Strongly Agree**.

Question	Score
1. I think I possess the knowledge and skills necessary to be successful in the things I do.	
2. I am capable of overcoming obstacles and challenging situations.	
3. I have faith in my capacity to learn and develop.	
4. I believe I am capable of overcoming challenges that stand in my way.	
5. I have confidence in my ability to make wise decisions.	
Total Score 1 – 5 = _____	
6. In spite of the difficulties, I remain enthusiastic about attaining my objectives.	
7. I actively set myself attainable, detailed goals.	
8. I am able to keep a cheerful attitude even in trying circumstances.	
9. I am confident that my efforts will produce fruitful results.	
10. I can see several ways to accomplish my goals.	
Total Score 6 – 10 = _____	
11. I recover swiftly from failures and disappointments.	
12. I am able to remain productive and focused under duress.	
13. I handle change and ambiguity well.	
14. I view setbacks as chances for growth and learning.	
15. In the face of adversity, I maintain a cheerful outlook.	
Total Score 11 – 15 = _____	
16. I typically anticipate success in a variety of aspects of my life.	
17. In my opinion, setbacks are transient and situation-specific.	
18. I see difficulties as chances to get better.	
19. I think there are more opportunities for good than bad in the future.	
20. I typically view life and the experiences that come with it positively.	
Total Score 16 – 20 = _____	
Total Score Questions 1 – 20	

Scoring:

- Add up the scores for each category (Hope, Efficacy, Resilience, and Optimism).
- The maximum score for each category is 25 (if you scored 5 for each question).
- The higher your score in each category, the stronger your Psychological Capital in that specific area.

Question #s	Area Measured	Total Score
1 – 5	Efficacy	
6 – 10	Hope	
11 – 15	Resilience	
16 – 20	Optimism	
Total Score		

Interpreting the Results:

- 0 to 10: Low PsyCap - Consider areas for improvement and growth.
- 11 to 15: Moderate PsyCap - Some strengths, but room for development.
- 16 to 20: Good PsyCap - Positive traits present, continue enhancing.
- 21 to 25: Strong PsyCap - Well-developed in this area, maintain and leverage strengths.

Ready to level up your PsyCap, and transform your life? Take the next step on your journey to personal and professional growth by enrolling in our coaching program or taking one of our HERO courses. We will guide you through a personalized plan to help you unlock your full potential.

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