

Personal Resilience Quiz

Rate yourself from 1 to 5 on the following: (1 = very little, 5 = extremely strong)

- In a crisis or chaotic situation, I calm myself and focus on taking useful actions.
- I'm optimistic. I see difficulties as temporary and expect to overcome them.
- I can tolerate high levels of ambiguity and uncertainty about situations.
- I adapt quickly to new developments. I'm good at bouncing back from difficulties.
- I'm playful. I find the humour in tough situations, and can laugh at myself.
- I'm able to recover emotionally from losses and setbacks.
- I feel self-confident, appreciate myself, and have a healthy and confident appreciation of who I am.
- I'm curious. I ask questions. I want to know how things work. I like to try new ways of doing things.
- I learn valuable lessons from my experiences and from the experiences of others.
- I'm good at solving problems.
- I'm good at making things work well. I'm often asked to lead groups and projects.
- I'm very flexible.
- I'm always myself, but I've noticed that I'm different in different situations.
- I'm more effective when I'm free to do what I think is best in each situation.

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