

Resilience Self-Assessment

(Based on The Resilience Doughnut)

Name: _____

Rank each statement. 1 is low (no, not really, 5 is high (yes, mostly/all the time)

Statement Rank	Rank 1-5
1. I have people around me I trust.	
2. I have people who set limits for me, so I know when to stop before there is danger or trouble.	
3. I have people who show me how to do things right by the way they do things.	
4. I have people who want me to learn to do things on my own.	
5. I have people who help me when I am sick.	
6. I am a person that others can like, love and want to spend time with.	
7. I am glad to do nice things for others and show my concern.	
8. I am respectful of myself and others.	
9. I am willing to be responsible for what I do.	
10. I am sure things will be alright.	
11. I can talk to others about things that frighten me or bother me.	
12. I can find ways to solve problems that I face.	
13. I can control myself when I feel like doing something not right or dangerous.	
14. I can figure out when it is a good time to talk to someone or take action.	
15. I can find someone to help me when I need it.	
TOTAL (out of 75)	

To find the percentage, divide your score by 75, then multiply the answer by 100.

I have % of what I need to build and maintain excellent resilience.