

Resilience Quiz

	A	B	C	D	E
I generally sleep well at night.	Me	Mostly me	Sometimes me	Rarely me	Not me
When things go wrong, I usually bounce back quite quickly.	Me	Mostly me	Sometimes me	Rarely me	Not me
I generally have a balanced diet.	Me	Mostly me	Sometimes me	Rarely me	Not me
My glass is mostly half full.	Me	Mostly me	Sometimes me	Rarely me	Not me
I hardly ever exercise.	Not me	Rarely me	Sometimes me	Mostly me	Me
I always see the good in people.	Me	Mostly me	Sometimes me	Rarely me	Not me
I often lack energy to do things.	Not me	Rarely me	Sometimes me	Mostly me	Me
I drink alcohol most days.	Not me	Rarely me	Sometimes me	Mostly me	Me
I know that I can deal with most life's problems.	Me	Mostly me	Sometimes me	Rarely me	Not me
Being with people is hard work.	Not me	Rarely me	Sometimes me	Mostly me	Me
I tend to think of myself as being fortunate.	Me	Mostly me	Sometimes me	Rarely me	Not me
Most weeks I manage to make time to recharge.	Me	Mostly me	Sometimes me	Rarely me	Not me
Everything is a chore.	Not me	Rarely me	Sometimes me	Mostly me	Me
I go from one disaster to the next.	Not me	Rarely me	Sometimes me	Mostly me	Me
I'm not getting what I want from life.	Not me	Rarely me	Sometimes me	Mostly me	Me
TOTALS					
SCORE					

