

Resilience Self-Assessment Worksheet



Resilience is the ability to adapt, recover, and grow stronger in the face of life's challenges. This worksheet will help you assess your strengths and identify areas for growth across five key pillars of resilience: Self-Awareness, Growth Mindset, Purpose, Adaptability, and Self-Care. Answer honestly and use your results to focus on strengthening your personal resilience.

How to Use This Worksheet:

- Read each statement under the five pillars
- Check each box if the statement feels true for you most of the time
- Tally your results for each pillar to identify your strengths and growth areas
- Use the reflection section at the end to create an action plan

Self-Awareness

Check the statements that apply to you:

- ☐ I can recognize my emotions and name how I'm feeling.
- ☐ I understand the triggers that cause me stress or frustration.
- ☐ I know my personal strengths and how to use them effectively.
- ☐ I reflect on my actions and learn from past experiences.
- ☐ I can differentiate between what I can control and what I cannot.

Score: ____/5

Growth Mindset

Check the statements that apply to you:

- ☐ I see challenges as opportunities to learn and grow.
- ☐ I believe effort and persistence can lead to improvement.
- ☐ I embrace feedback as a tool for self-improvement.
- ☐ I am not afraid to step outside of my comfort zone.
- ☐ I focus on progress rather than perfection.

Score: ____/5

Purpose

Check the statements that apply to you:

- ☐ *I have a clear sense of purpose or a meaningful goal in life.*
- ☐ *My actions align with my core values.*
- ☐ *I feel motivated by something greater than myself.*
- ☐ *I use challenges as opportunities to reconnect with my purpose*
- ☐ *I regularly reflect on what brings me fulfillment.*

Score: ____/5

Adaptability

Check the statements that apply to you:

- ☐ *I am open to change and new ideas.*
- ☐ *I can stay calm and adjust my plans when faced with uncertainty.*
- ☐ *I see flexibility as a strength rather than a weakness*
- ☐ *I view setbacks as temporary and solvable.*
- ☐ *I am willing to try new approaches to problem-solving.*

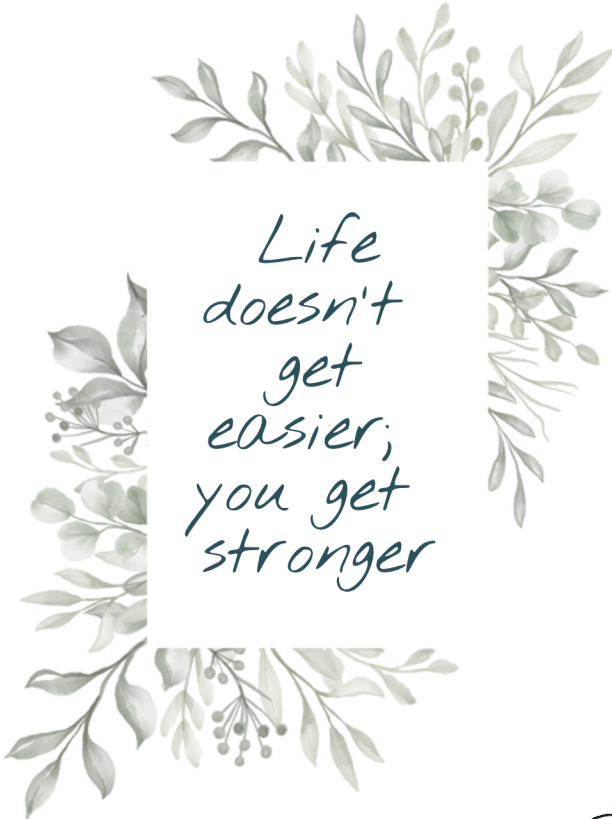
Score: ____/5

Self-Care

Check the statements that apply to you:

- ☐ *I prioritize getting enough sleep, exercise, and nutrition.*
- ☐ *I set boundaries to protect my energy and well-being*
- ☐ *I regularly engage in activities that bring me joy and relaxation.*
- ☐ *I take breaks when I feel overworked and overwhelmed.*
- ☐ *I recognize when I need help and seek support when necessary.*

Score: ____/5



*Life
doesn't
get
easier;
you get
stronger*

Self-Awareness ____/5	<i>My Strengths:</i> 	<i>Need to Improve:</i> 	<i>Goals:</i>
Growth Mindset ____/5	<i>My Strengths:</i> 	<i>Need to Improve:</i> 	<i>Goals:</i>
Purpose ____/5	<i>My Strengths:</i> 	<i>Need to Improve:</i> 	<i>Goals:</i>
Adaptability ____/5	<i>My Strengths:</i> 	<i>Need to Improve:</i> 	<i>Goals:</i>
Self-Care ____/5	<i>My Strengths:</i> 	<i>Need to Improve:</i> 	<i>Goals:</i>

Notes:
