

THE RESILIENCE FACTOR ASSESSMENT



Fill out the following assessment, ranking yourself either a 1, 2, or a 3 in each section - then add up your total score to come up with a sum out of 30.		1	2	3	Score
	Locate Your Hero How inspired and supported do you feel in your life and mission to achieve your goals and dreams?	I feel alone in my journey with no one to look up to.	I have a few role models, but do not or rarely speak to them.	I have mentors who support me and role models who inspire me to believe in my goals and dreams.	
	Assemble Your Library How resourceful are you when you need support? Can you quickly find a solution?	I feel alone in my journey with no one to look up to.	I usually have an idea where to turn to.	I can frequently find the answers I need within a short period of time.	
	Do Your Homework How often do you take time to write down your thoughts to gain clarity and determine your next steps?	I never take time to write down my thoughts.	I sometimes take time to deal with my thoughts but often ignore them.	I regularly practice writing techniques to proactively clear my mind	
	Set Your Bearing How often do you set goals that are actionable, measurable, and part of your daily routine?	I never set goals.	I sometimes set goals.	I frequently set goals in all areas of my life.	
	Make Resilience Visual How clear is your image of who you want to be, your values, and why you deserve to succeed?	Not clear at all.	Somewhat clear.	Very clear.	
	Focus on Habits How clear are you on your habits, understanding why you do what you do, and how to change it?	Not clear at all.	Somewhat clear.	I know what to do when I want to make a change.	
	Control Your Diet What percentage of your meals are nutritional and fuel you to perform optimally on a daily basis?	0% to 30%	30% to 70%	70% to 100%	
	Hit The Lights How many hours of sleep do you get on average?	Less than 5hrs	5hrs to 7hrs	7hrs +	
	Move Your Body How many times per week do you exercise?	Less than 1 day/week	1 to 3 days per week	More than 3 days per week	
	The Resilience Factor Unless things change, where do you see your mental resilience and confidence in the next 12 months?	I see myself going backwards right now.	I think I will be in the same place as I am today.	I see myself becoming an entirely different person.	

(10/30 = 30%) (15/30 = 50%) (21/30 = 70%) (24/30 = 80%)

Total Sum