

Handout from Chris Johnstone's *Personal Resilience in an Hour* online course

### Personal Resilience Check-list

This offers a way of reviewing your resilience toolkit and the strategies we've been looking at. You can use this either as a 'yes/no' checklist ( or as a list of ten items you can rate on a 0 -10 scale, where 0 = not at all, and 10 = applying confidently in an inspired way. This way you can repeat the check-list periodically to monitor progress in developing your resilience.

No.	Resilience Check list statements	Is this true for me? Yes (True) or No (False)	How True for me? (0 – 10 scale) Date 1	How True for me? (0 – 10 scale) Date 2
1	I'm aware of examples of resilience that impress or inspire me			
2	I'm aware of factors that can reduce my resilience (or lower my water level)			
3	I'm aware of factors that strengthen my resilience (or raise my water level)			
4	I'm aware of things I can do to strengthen my resilience			
5	I'm aware of inner strengths I can draw upon when facing difficulties			
6	I'm aware of resources I can turn to for support when I need it			
7	I'm aware of some insights or perspectives I find helpful when facing difficult situations			
8	I know how to do an ABC thinking check			
9	I know ways to steady myself if I'm feeling on edge or out of balance			
10	I know how to use a storyboard to support my resilience in situations I find difficult			
Total		Total /10	Total /100	Total /100