



## Be Positively Powerful Resilience Survey

| Statement   | Strongly Disagree<br>1 | Disagree<br>2 | Agree<br>3  | Strongly Agree<br>4 |
|---|------------------------|---------------|-------------|---------------------|
| I am pleased with the way I am.                     |                        |               |             |                     |
| I am satisfied about most everything in my life.    |                        |               |             |                     |
| I am happy most of the time.                        |                        |               |             |                     |
| Usually other people are happy to be around me.     |                        |               |             |                     |
| I feel that I am in control of my life.             |                        |               |             |                     |
| I can do most things if I try.                      |                        |               |             |                     |
| I can work out my problems.                         |                        |               |             |                     |
| I find it easy to make decisions.                   |                        |               |             |                     |
| I have fun with other people.                       |                        |               |             |                     |
| Others are there for me if I am having a challenge. |                        |               |             |                     |
| Add the numbers in each column.                     | Add up 1's:            | Add up 2's:   | Add up 3's: | Add up 4's:         |

You can figure out how resilient you are. Here is how to do this. Rate how you feel on these statements and then do a calculation.

Note that each column has a number: 1, 2, 3, 4. For every check you placed in each column, add up the numbers for that column. If you placed 4 checks in column 4, this would be 16.

Then, add all of the numbers together. Lastly, divide by 10, because there are 10 statements.

What is your current Resilience Score? After you practice the Be Positively Powerful Actions for a while, you can do this again.