



Take the Resiliency Challenge

Test Your Bounce Back Quotient

Scoring:

1 - 2	You would benefit by changing this behavior. It could be severely hampering you from effectively functioning in the world
3 - 4	You can use some work in this area for optimal functioning
5 - 6	A great strength that allows you to thrive on change and fulfill your goals and dreams in the process!

When I find myself in a stressful situation, my first reaction is to					
1	2	3	4	5	6
Distract myself and hope the stressful situation will magically go away.					Boldly face the situation and take positive steps to move through the stress.
When I feel overwhelmed with too many tasks to accomplish					
1	2	3	4	5	6
I become frozen with inaction.					I prioritize tasks and work through them one at a time.
When facing an issue that is out of my control					
1	2	3	4	5	6
I fret about it constantly.					I focus on actions I can take that are in my control.
When I am told something I want to do is impossible					
1	2	3	4	5	6
I sulk about it and give up on the idea					I take it as a challenge to find creative ways to make the impossible happen
In the midst of a crisis					
1	2	3	4	5	6
I retreat in fear					I remain calm and focused on taking positive action

When faced with a new technology that I need to learn					
1	2	3	4	5	6
I resist the change by procrastinating in learning the new technology				I quickly jump in to learn the new technology and then help others who may have difficulty.	
When I feel overworked					
1	2	3	4	5	6
I neglect my health by eating junk food, not exercising, and not sleeping enough				I take extra care of myself by eating healthy, exercising and getting pampered (such as massages) when possible.	
When told that my organization will be making changes I do not agree with					
1	2	3	4	5	6
I dig in my heels and resist the change.				I make suggested alterations that might better fit for me and everyone concerned.	
When our team is working on a challenging problem					
1	2	3	4	5	6
I hold back what I think				I eagerly help the team find a solution	
When I have a problem with a coworker					
1	2	3	4	5	6
I stew about it in silence				I discuss my perspective with my coworker in an effort to work it out.	
When others speak negatively about a situation					
1	2	3	4	5	6
I join in about how awful it is and repeat the conversation to others.				I direct my energy toward work that productive.	
When others offer me constructive criticism					
1	2	3	4	5	6
I think there is something wrong with me or I discount the input as "their problem"				I consider the criticism as useful input and make changes to myself where I feel warranted.	

For more information on resilience see www.heroicjourney.com.