

Resiliency – Assessment and Tools - Notes

Resiliency Defined:

How Resilient am I (0-10)?

Mini Resiliency Self-Assessment

For each item: Score yourself

0 - Not at all me or I don't have these skills 1 - Sometimes or I have some of these skills
2 - Often me or I have these skills 3 - Mastery of skills or always me

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

TOTAL

Reflections from Resiliency Self-Assessment

- What did you notice?

- How did your assessment score compare to how resilient you thought you were?

- What new awareness do you have?

- Take a moment to reflect on what you want to build resilience in.

Your Comfort Level with Change – High/Med/Low

Most Impactful Change (Positive/Negative, Personal/Professional)

Write down your thoughts & beliefs around this change.

Steps for Surviving Change

1. Make a list of all Changes
2. Acknowledge the Change



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- a. Tips

- b. Acknowledgement Exercise
 - i. Take a moment to record your experience.

 - ii. What was it like to be acknowledged?

 - iii. Any new awareness or insights?

3. What changes have you overcome?

4. What skills and resources can you utilize from previous changes?

5. Work towards acceptance.
 - a. What do you have choices and control do you have?

How do your beliefs about change impact your resiliency?

Methods to Grow & Nurture Resiliency

- 3 P's – Personalization, Pervasiveness, Permanence – Where do you get stuck?
- Accept change is a part of life
- Believe you will survive
- Setting Boundaries
 - Boundaries Poll (T/F)
- Setting Boundaries Exercise
 - What to say yes or not to more often?
 - Why is this boundary important to me?



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- Keep Learning New Things and Skills
- Build network & positive connections
- Plan and work towards goals

Resiliency Action Planning

1. Assess my resiliency – area(s) to focus on.
2. What is your major life event or area to build resiliency?
 - a. Intentional and purposeful
3. Where is the opportunity in this?
4. How long might this season last?
5. Project the next chapter after this change.
6. What boundary would you like to set?
 - a. What do I want to say *no* to more often?
 - b. What do I want to say *yes* to more often?
7. What new thing or skill do I want to learn?
 - a. Personally by when?
 - b. Professionally by when?
8. Inventory of current network & connections
 - a. What does my network look like ?
 - b. What action I will take in the next week on building or renewing a connection?



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9. SMART Goals for Building Resiliency
 - a. My action to take in the next 48 hours

 - b. My action to take in next week/month
10. Who or What can hold you accountable to your Resiliency in Action Plan?
 - a. email teresa@boldfulfilledlifecoach.com – if you want her to help hold you accountable to Resiliency in Action plan.

Resiliency in Action Notes & Reflections

Coaching Questions Notes & Reflections

Thank you for your participation!

May you be blessed and resilient as you journey through life.

Teresa



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