

**“Resiliency – Growing Stronger One Disruption at a Time”**  
Short Assessment

Envision a time of disruption or change. Please assess how you, your team and/or your organization typically respond in each of the following ten resiliency characteristics. Be as honest as possible.

- 5. Very high ability
- 4. High ability
- 3. Good ability
- 2. Fair ability
- 1. Poor ability

	Yourself	Your team	Your Organization
1. Realistic – Quickly assesses the unvarnished truth	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
2. Optimistic – Sees potential in the present and makes plans for a positive future	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
3. Stable – Acts with purpose and focus based on enduring values	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
4. Flexible – Responds to new situations with fresh and appropriate actions	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
5. Externally Engaged – Meets challenges head-on with energy, passion and commitment	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
6. Internally Engaged – Looks non-judgmentally at one’s own actions and believes; reflects on actions	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
7. Self-caring – Nourishes physical, emotional and mental energy by caring for oneself	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
8. Other-caring – Cares for other individuals, the larger system and the environment	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
9. Interdependent – Works in partnership with others; gives and receives; utilizes networks for input and support	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
10. Independent – Follows one’s own convictions amidst contrary judgments	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

*For information on the complete survey or to receive permission to use this assessment contact Shared Learning International.*