



Rise Up

GO HARD OR GO HOME

Name:

Date:

How Resilient Are You?

Resilience is your ability to adapt to difficult or challenging life experiences. To find out how resilient you are, take this quiz, adapted from the book [The Resiliency Advantage by Al Siebert](#).

Directions: Read each of the following statements and rate yourself from 1 to 5.

(1 = strongly disagree; 5 = strongly agree):

Statement	Rating (1-5)
I'm usually optimistic. I see difficulties as temporary and expect to overcome them.	
Feelings of anger, loss and discouragement don't last long.	
I can tolerate high levels of ambiguity and uncertainty about situations.	
I adapt quickly to new developments. I'm curious. I ask questions.	
I'm playful. I find the humor in rough situations, and can laugh at myself.	
I learn valuable lessons from my experiences and from the experiences of others.	
I'm good at solving problems. I'm good at making things work well.	
I'm strong. I hold up well during tough times.	
I've converted misfortune into good luck and found benefits in bad experiences.	

Understanding Your Score

Total the rating column to calculate your resilience score. Read your score results and complete the reflections questions

35–45: Highly Resilient — You bounce back well from life’s setbacks and can thrive even under pressure. You could be of service to others who are trying to cope better with adversity.

30–35: Adequate Resilience — You are a self-motivated learner who recovers well from most challenges. Learning more about resilience, and consciously building your resiliency skills, will empower you to find more joy in life, even in the face of adversity.

20–30: Some Resilience — You have some valuable resiliency skills, but also plenty of room for improvement. Strive to strengthen the characteristics you already have and to cultivate the characteristics you lack.

Less than 20: Low Resilience — You may have trouble handling pressure or setbacks and may feel deeply hurt by any criticism. When things don’t go well, you may feel helpless and without hope. Consider seeking professional counsel or support in developing your resiliency skills. Connect with others who share your developmental goals.