

# The Zero Excuses Challenge

## *Day 6 - Resilience*

This tool was created by Dr. Al Siebert, founder of The Resiliency Center to assist you with determining how resilient you are. This will help you work to develop better coping skills once you see where you are now.

### *How Resilient Are You?*

Rate yourself from 1 to 5 (1 = strongly disagree, 2 somewhat disagree, 3 agree, 4 somewhat agree, 5 strongly agree). Then add up the numbers of each question and see your assessment below.

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

### **Results**

***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 some professional counsel or support in developing your resiliency skills. Connect with others who share your developmental goals.

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**20–30: Some Resilience** - You have some valuable pro-resiliency skills, but also plenty of room for improvement. Strive to strengthen the characteristics you already have and to cultivate the characteristics you lack. You may also wish to seek some outside coaching or support.

**31–35: 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.

**36–45: 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.