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The Habits and Dispositions of Resilient People: A Self-Assessment

PART 1: Resilient people effectively and regularly engage in 12 habits and demonstrate 12 dispositions. Assess how regularly and strongly you feel that you engage in these habits and dispositions.

HABITS		
Habit	**Description**	**On a 1–5 Scale, How Strong I Feel in This Habit**
Know Yourself	I know my values, personality type, skills and aptitudes, and social identities. I use my self knowledge to make decisions and to deal with obstacles.	
Understand Emotions	I recognize and understand my emotions, and I have strategies to respond to them. I recognize and understand other people's emotions and have strategies to respond to them.	
Tell Empowering Stories	I am aware of the way I interpret events, and I make choices about those interpretations.	
Build Community	I know how to build strong and healthy communities in which I feel nurtured. I have a community that supports me.	
Be Here Now	I use strategies to manage worry and regret and to keep me in the present moment so that I can make clearheaded decisions.	
Take Care of Yourself	I value and prioritize my own physical self-care and know how to give my body what it needs so that it will be healthy.	
Focus on the Bright Spots	I direct my awareness and attention to strengths, assets, and things that are going well. When I face challenges, my ability to identify bright spots helps me respond.	
Cultivate Compassion	I have compassion for myself and for others; I can activate my compassion for myself and for others when I want.	
Be a Learner	I am regularly in the mental stance of a learner, seeing challenges as opportunities for learning. I know how to guide and direct my learning.	

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Play and Create	I understand how playing, creating, and appreciating art helps me deal with challenges and stress, and I engage in these activities.	
Ride the Waves of Change	I have strategies to deal with change, and I use them to manage or lead change.	
Celebrate and Appreciate	I understand how gratitude and celebration contribute to my resilience, and I engage in appreciation practices.	

What, if anything, surprised you after doing this self-assessment?

Based on this self-assessment, which habit do you feel most compelled to work on?

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PART 2: Resilient people demonstrate these 12 dispositions. Assess how strongly you feel these dispositions in yourself.

DISPOSITIONS		
Disposition	**Description**	**On a 1–5 Scale, How Strong I Feel in This Disposition**
Purposefulness	I know what I'm doing and why I'm doing it. This sense of direction guides me in making decisions and facing challenges.	
Acceptance	I am not resigned, but I'm able to recognize what I can and can't change in a situation, and I can accept that.	
Optimism	I know that I can increase my optimism and maintain a positive outlook in the face of adversity, without denying the current reality. I take the long view, accept that life has ups and downs, and search for root causes of challenges.	
Empathy	I can put myself in other people's shoes and feel their pain.	
Humor	I can use humor to lighten difficult moments, help me be in the present moment, explore difficult emotions, and connect with other people.	
Positive Self-Perception	I value myself. I have solid self-esteem. I am self-confident. I accept myself as I am. I'm not overly critical of myself, I don't strive for perfection, and I forgive myself for mistakes and take responsibility for my choices and actions.	
Empowerment	I believe I can influence my surroundings and the outcome of events, and this contributes to my feelings of confidence and competence.	
Perspective	I can see events from many different sides, and this insight helps me respond productively to situations and emotions.	
Curiosity	I am open to new ideas, I question my assumptions, I view obstacles and challenges as opportunities for growth, and I have many questions about many things.	
Courage	I am not afraid to try new things, to make mistakes, or to take a risk. I can identify my reserves of courage and draw on them when I need to.	
Perseverance	I am tenacious when dealing with challenges. I can put off short-term concerns and gratification for the sake of long-term success.	

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Trust	I trust myself, and I trust something bigger outside myself: the passage of time, a process, or possibly something spiritual.	

What, if anything, surprised you after doing this self-assessment?

Based on this self-assessment, which disposition do you feel most inclined to cultivate?