



RESILIENCE ASSESSMENT

GRIT-O-METER

rate your moja

Imagine you're rating your resilience on a scale of 1 to 5 for each statement below. Circle the number that best reflects how strongly you agree or disagree with each statement.

Consider your experiences and feelings carefully before choosing your rating. Remember, there are no right or wrong answers – this is about your personal assessment. Take your time and be honest with yourself as you complete this.

STRONGLY DISAGREE

STRONGLY AGREE

I can bounce back quickly from setbacks.

1

2

3

4

5

I believe in my ability to overcome difficulties.

1

2

3

4

5

I am able to find solutions to problems, even in challenging situations.

1

2

3

4

5

I have a strong support network of friends and family.

1

2

3

4

5

I am optimistic about the future, even during tough times.

1

2

3

4

5



The Mind Garden
bloom where you're planted

LIFE MAP

of resilience

Create a timeline or map of your life, marking significant challenges and how you responded to them. Reflect on the patterns of resilience that emerge.

PAST

FUTURE

Identify three major challenges you have faced in your life.

Describe how you responded to each challenge and the outcome.

What strengths or coping mechanisms did you rely on during these times?



RIDING

the waves

Reflect on your experiences with emotional regulation and the strength of your support system. Remember, resilience is determined by these two key factors. Write your responses to each question in the space provided.

EMOTIONAL REGULATION

How do you typically manage and control your emotions during challenging situations? Share a strategy or technique that you find helpful.



SUPPORT SYSTEMS

Describe the quality of support you receive from friends and family during difficult times. How do they demonstrate their support for you?

