

Smart Moves for Resilience

I belong: How much support do you feel you have from other people in your life?

1-----5-----10

I have got the basics: How good do you feel with every day life?

1-----5-----10

I can cope: How strong are your coping skills?

1-----5-----10

I am me: How well do you know yourself, your strengths and what is important to you?

1-----5-----10

I am learning: How motivated are you to gain new skills and knowledge?

1.....5.....10

Resilience Self Evaluation
Rate yourself 1-10