

# Resiliency Health Check

Take a snap shot of your resiliency by marking yourself out of 10 for each area... and then take action!

Resiliency Element	Your score (out of 10)	Actions to Improve
Vision		
Purpose		
Goals		
Authenticity		
Vitality		
Exercise		
Diet		
Sleep		
Mindfulness		
Support		
Leadership		
Peers		
Network		
Composure		
Point of Choice		
Self Control		
Self Awareness		
Persistence		
Tenacity		
Optimism		
Bounce Back		
Decision Making		
Problem Solving		
Resourcefulness		
Anticipation		