

# Resilience Worksheet

How to become more resilient and have more energy

Watch the video, score yourself, generate ideas for improvement and then TAKE ACTION!

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