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.

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| 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. |  |
| 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?

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

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| 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. |  |
| 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?