

RESILIENCE

1. **How would you rate your OVERALL LEVEL OF RESILIENCE on a scale from 1 to 10?**

2. **What would be your TOP 3 resilience competences?**
   (where you would score yourself a 7 to 10)

1	
2	
3	

3. **What would be your LOW 3 resilience competences?**
   (where you would score yourself lower than 6)

1	
2	
3	

What would be the most realistic and promising resilience competence you want to start with, to train this for the upcoming 3 months' in a daily manner?

How would your daily training look like?
Which would be the tiny habits you will develop?

Who will be your training sparring partner?

4. How would you rate your social resources between 1 and 10?

Positive friends	
A culture of appreciation at home	
A culture of constructive feedback on the job	

What would be the most promising social resource you want to develop in the upcoming 3 months?

How are you going to do that?

5. How would you rate your structural resources between 1 and 10?

JOB MATCHES TALENT: you can use your intrinsic motivational talents at least 25 % of your time	
GROWTH IN MASTERY: can you continue to grow in your talents	
CHALLENGING STRESS: do you have work challenges that give you positive stress at least once a week	
MISSION AND PURPOSE: can you align your personal mission with the company/ organization mission where you work	
FINANCES: How healthy are your finances organized?	

What would be the most promising structural resource you want to develop in the upcoming 6 months?

How are you going to make that work?