



RESILIENCE INVENTORY

How Resilient Are You?



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While there are certain key building blocks of resilience, each person builds their resilience differently. In order to enhance your resilience, you need to identify your own unique barriers and patterns and capitalize on the resources at your disposal.

Scale for each question:

1 = Strongly Disagree 2 = Disagree 3 = Neutral/No Opinion 4 = Agree 5 = Strongly Agree

I modified/adapted questions from the following inventories:

- Psychological Flourishing Scale (PFS)
- Stress Mindset Measure – General (SMM-G)
- Resilience at Work Scale (RAWS)
- Social Relationships Survey (SRS)

There are also a number of statements that I created (and label “PDL”)

STATEMENT	SCORE
1. When I experience a setback at work, it overshadows the other parts of my life. (RAWS/PDL)	
2. Experiencing stress improves my health and vitality. (SMM-G)	
3. Experiencing stress improves my performance and productivity. (SMM-G)	
4. Setbacks don't affect me for long – I bounce back quickly. (PDL)	
5. I've developed some healthy ways to relax when I've had a stressful day. (PDL)	
6. I can mentally reframe stressful events easily. (PDL)	
7. When I experience success, I am quick to recognize my own hard work rather than attributing my success to luck or other external circumstances (PDL)	

STATEMENT	SCORE
8. I set aside time each week for myself (PDL)	
9. When something goes wrong, my default response is to blame myself (PDL)	
10. When something goes wrong, my default response is to blame other people or circumstances (PDL)	
11. If my first solution doesn't work, I get stuck (PDL)	
12. I struggle with perfectionism (PDL)	
13. I feel confident that I can achieve my goals (PDL)	
14. My work is a source of meaning and inspiration (PDL)	
15. I know my personal strengths and I use them regularly (RAWS)	
16. I am satisfied with the balance between my time spent at work and my time spent on other aspects of my life (PDL)	
17. My social relationships are supportive and rewarding (PFS)	
18. I rarely or never feel lonely (SRS)	
19. I am able to receive constructive feedback with ease (PDL)	
20. I have a strong network of mentors and people I can count on for support and development (PDL)	





REFLECTION

What are your resilience strengths? What other insights did you have?

How can those strengths be leveraged and/or best incorporated at work? At home? In other areas of your life?

What, if any, changes need to be made? How can others on your team/colleagues/family members/friends help facilitate this change?

