
Resilience Audit



Resilience is important in all aspects of life. It helps you to feel more able to cope with and overcome difficulties in life enabling you to feel happier and function better in life. Everyone can improve their levels of resilience.

To help you do so, evaluate your level of resilience in the following 8 areas. You might be surprised to find you are more resilient in some areas than you realised. Then consider what action you could take to develop or strengthen each area further.

For more information on how to do so, please see chapter 10 in Being Human – the path to self-acceptance, resilience and happiness.

Self-Awareness

How often do you take time to monitor your stress levels, energy levels, productivity, level of happiness, feelings, needs and preferences?

Rating out of 10:

Action to develop or strengthen the area further:

Self-Reflection

How often do you review situations/relationships in your life? What's working? What's needing attention? What's being triggered? What are you learning about yourself?

Rating out of 10:

Action to develop or strengthen the area further:

Self-Care

How well do you take care of yourself to ensure happiness, balance, relaxation, fun? How healthy and effective are your coping strategies?

Rating out of 10:

Action to develop or strengthen the area further:

Stress Management

How effective is your ability to monitor your stress levels. What level is comfortable? What preventative steps do you take to manage stress and promote relaxation? What signs indicate that you're struggling to cope? What helps you reduce overwhelm?

Rating out of 10:

Action to develop or strengthen the area further:

Self-Compassion

How kindly do you speak to yourself? When you face difficulty, how self-compassionate are you? How often do you focus on your strengths and positive qualities rather than dwell on issues?

Rating out of 10:

Action to develop or strengthen the area further:

Problem Solving

How proactive are you in acknowledging any difficulty versus a tendency to procrastinate or avoid situations? How effective is your ability to overcome problems and learn from them?

Rating out of 10:

Action to develop or strengthen the area further:

Support Network How often do you connect with different groups of people in a meaningful way? Do you have a repertoire of people who provide support? How willing are you to ask for help?

Rating out of 10:

Action to develop or strengthen the area further:

Broad Perspective

How often do you take a step back or take an outside view of your situation?
What assumptions limit your perspective?

Rating out of 10:

Action to develop or strengthen the area further:

Additional Notes

Please use this section to write notes if you wish.

Natalie Read