

21 Days of Action

“To get **maximum value from this Webinar, **print this handout** so you will be prepared to **take notes** on each point I reveal during the Webinar”!**

- Dave O’Connor

REWARDS OF RESILIENCE



DEFINITIONS OF RESILIENCE

Resilience is the ability to _____ readily from _____

Resilience is the ability to _____ from or _____
easily to _____ or _____

Resilience is the ability to _____ - _____
from _____ , _____ , _____ or the like

Q. What is your stressor right now?



THE RESILIENCE TEST

Rate yourself from 1 to 10 on the following:

(1 = very poor, 10 = World Class)

- 1) In a crisis or chaotic situation, I can calm myself and focus on the Big Picture _____

- 2) I'm always optimistic. I see difficulties as temporary setbacks and expect to overcome them _____

- 3) I adapt quickly to change. I'm good at bouncing back from defeats _____

- 4) I'm playful. I find the humor in tough situations, and can laugh at myself _____

- 5) I feel self-confident, appreciate myself, and have an empowering self-image of who I am _____

6) I am a master of my emotions. Feelings of anger, frustration and discouragement don't last long _____

7) I successfully use my past wins to overcome obstacles in my present circumstances _____

8) I'm very persistent. I hold up well during tough times _____

9) I can be creative and innovative. I can think outside the box _____

10) I'm very flexible. I feel comfortable with my ability to adjust my course when necessary _____

Overall Scoring:

80 or higher = World Class – You Live The Life of Your Dreams!

60 - 80 = Above Average – You keep bouncing back stronger!

40 - 60 = Average – You waver and your results reflect this!

0 - 40 = You keep going into meltdown and can't recover!

Additional Notes:

