



Resilience Baseline Questionnaire

Welcome to the Resilience Baseline Questionnaire

This is a self-assessment. There's no right or wrong answers to these questions or overall score. The results are for your personal reflection.

Once completed, it might be useful to reflect on where you have scored yourself 1 or 2. These could be the areas that you may want to pay more attention to.

Scores of 3 are also areas that may need some attention but not so urgently.

Scores of 4 or 5 are where your resilience is more developed.

Finally, rate the priority of any actions with an * or two ** for vitally important actions



Monitoring your personal resilience baseline

High: 5

Uncertain: 3

Low: 1

Question - Monitoring your resilience baseline	Score	*/**
How would you rate your baseline resilience at this moment?		
Do you feel you have the personal resources to make positive changes happen?		
Do you feel that important aspects of your future are within your control?		
How confident are you in your ability to acquire new skills and knowledge?		
How optimistic are you generally?		
How optimistic are you even when things are difficult?		
Do you automatically blame yourself as soon as things begin to go wrong?		
How good are you at looking at facts rather than being emotionally involved in events?		
How much are you aware of your emotional responses to events?		
How much are you aware of the way your emotions impact on others?		
How strong is your self-esteem most of the time?		
How good are you at recognising your feelings and understanding what triggers them?		
How far do you feel you have grown as a result of life events?		
How good are you at finding humour in a stressful situation?		
How far are you able to remain calm when under moderate pressure?		
How good are you at making difficult decisions?		
How easy do you find it modify your behaviours when you face repeated problems?		
How successful are you in avoiding worry or anxiety?		
How strong is your ability to persevere with a task when things aren't going well?		
How successful are you in maintaining a healthy lifestyle?		
How successful are you in moderating your intake of sugar, caffeine, alcohol and other substances with negative effects?		
How successful are you in getting enough rest and sleep?		
Other personal factors that matter to you:		

Monitoring your resilience at work

High 5
 Uncertain: 3
 Low 1

Question Monitoring your resilience at work	Score	*/**
Do you consider your work meaningful or purposeful?		
How far do you feel that your work history has met your expectations?		
How strongly would you agree with the statement that you are in control of your career?		
How far do you feel that your contribution makes a difference?		
How much of your working life allows you to continue learning?		
Do you feel valued at work?		
How good are you at motivating yourself?		
How good is your ability to solve problems under pressure?		
How good are you at coping with repeated change?		
How adaptable are you when faced with rapid change?		
How well trained and skilled do you feel for the work you do?		
How positive do you feel about your work colleagues?		
Do you have the opportunity to keep learning in your current role?		
How confident do you feel about your ability to accomplish your career goals?		
How secure do you feel in work?		
How strong are your relationships with senior staff at work who make decisions about your future?		
How far do you experience autonomy at work? (Feeling that you have control over decisions and how / when you perform tasks).		
How well would you say you cope with conflict?		
How good are you at getting on with your work after experiencing rejection or personal criticism?		
How far do your emotions impact on your work performance?		
How strong is the network of people whom you really trust?		
Are you supported by a mentor?		
What is the level of encouragement you receive from work colleagues?		
How easy is it for you to switch off after your working day?		
Other work-related factors that matter to you:		

Monitoring resilience-shaping relationships

High: 5

Uncertain: 3

Low: 1

Question: Monitoring resilience-shaping relationships	Score	*/**
How much do you rely on others to help you cope with daily adversity?		
How strong are your close personal relationships, including friendships?		
How strongly would you agree with the statement 'I have several people around me who listen to me without judging me and give me unconditional support'?		
How strongly would you agree with the statement 'I trust my colleagues'?		
How strongly would you agree with the statement 'I am trusted by my colleagues'?		
How easy is it for you to talk about strong feelings?		
How easy is it for you to be honest about disappointment?		
How strong are your confiding relationships, where you tell someone how you are really feeling?		
Do you feel your opinions are heard and valued by others?		
Are you able to accept criticism?		
How much do you rely on regular praise to keep your spirits up?		
How effective are you at saying 'no' to work which you can't manage without making mistakes?		
How good are you at coping with rejection?		
How easy to you find it to work in a team where you are given little feedback about how you are doing?		
How easy do you find it to describe any sense of vulnerability or isolation you may feel?		
How would you describe the levels of emotional support available to you from other people?		
How strongly are you connected to the community where you live?		
How active are you in sports or hobbies that require you to engage with others?		
How far are your personal values expressed out of work activities, for example helping a charity or being part of a community of faith?		
Other relationship-related factors that matter to you:		