1. Positive Connections

2. Realistic Optimism

3. Self Motivation To Persevere

4. Physical & Brain Fitness

5. Ability To Face Fear

6. Pivoting & Flexibility

7. Moral Compass Alignment

Score each statement on a scale of 0-3.

Resilience

Performance

I have many people in my life who give me unconditional support

I actively participate in one or more groups

I can easily distance myself from negative people/activities

I have a realistic optimism I am the person who points out the “good news” in difficult situations

I expect to overcome and thrive – regardless of the situation

I believe in my ability to succeed

I set goals and take persistent steps to complete them

I am comfortable redirecting my own personal actions when faced with setbacks

I don’t mentally beat myself up; I treat myself with kindness and compassion

I consistently demonstrate the benefits of eating right, getting enough sleep and exercise

I take time to nurture myself; I am able to calm & comfort myself during stressful situations

I take action even when I know there is a high probability of failure

I don’t let temporary setbacks become my excuses

I use mistakes and problems as opportunities to get better

I use missteps and problems as opportunities
to learn from them

I don’t let temporary setbacks become my excuses

I keep an open mind about failure


I have strong beliefs and values that guide me

I fully live into my purpose; my daily actions consistently support my “why”

I am curious about the world around me


I have strong beliefs and values that guide me

I fully live into my purpose; my daily actions consistently support my “why”

I am curious about the world around me

Resilience Action Plan

Refer back to your Resilience Chart and use the area below to develop your resilience action plan.

**Resilience Chart**

- **Self Motivation to Persevere**
  - Set goals, review and adjust (small steps, long term, stretch)
  - Reward achievements; forgive yourself after failures

- **Realistic Optimism**
  - Seek out the positives in the situation
  - Let go of things you cannot control
  - Quiet your inner critic

- **Positive Connections**
  - Connect with uplifting people
  - Develop trusting relationships

- **Moral Compass Alignment**
  - Write out your values - review them often
  - Understand your mission/purpose

- **Pivoting & Flexibility**
  - Flex your mental agility by changing your perspective
  - Practice problem solving - puzzles, games, hobby

- **Ability to Face Fear**
  - Write a list of the bravest things you have ever done
  - Keep a list of times you have failed and gotten up again

- **Physical & Brain Fitness**
  - Eat healthy and exercise often
  - Practice joyful activities

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