

Personal Sources of Resiliency Checklist

Step 1

Put a checkmark to the left of the items below that are generally true in an average work week.
DO NOT OVERTHINK THIS! Please limit this portion of the exercise to no more than 2-3 minutes.

Physical

- ☐ I get enough sleep to feel rested while at work.
- ☐ I take regular breaks at work throughout the day. I eat my meals away from my desk. My body feels energized at work.
- ☐ I get adequate physical movement during the workday. I pace myself so I do not feel unhealthy levels of stress.

Emotional

- ☐ I express appreciation to co-workers often enough.
- ☐ I enter my workplace with positive feelings on a daily basis. I leave my workplace with positive feelings on a daily basis.
- ☐ I have a healthy balance between time spent with work, family, and other interests. I do not take work home with me.
- ☐ I get deep satisfaction from many work tasks.

Mind

- ☐ I focus on one task at a time.
- ☐ I do not let email interrupt my tasks. I have an organized task list. I focus equally on short-term and long-term tasks.
- ☐ I have adequate opportunity to use my creativity skills. I have adequate time for long-term visioning.

Spirit

- ☐ I spend considerable time at work doing the tasks I love to do.
- ☐ I use the power of my own life difficulties as a source of strength.
- ☐ I am aware of and have adequate opportunity to use my primary gifts and talents at work. I believe my workgroup is making a substantial contribution to the world.
- ☐ There is little difference between what I say is important about my work and what I do at work. I have a regular spiritual practice.

Step 2

1. Each person takes turns answering, ***“Which one of the four main areas is my strongest?”*** Please keep the response to no more than 2 minutes.
2. Each person takes turns answering, ***“Which one of the four main areas would I like to grow in?”*** Please keep the response to no more than 2 minutes.
3. Each person takes turns answering, ***“How will I nurture the area I identified for growth?”*** Please limit the response to no more than 3 minutes.