

## 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.