



# RESILIENCY ASSESSMENT

Answer the following questions to determine your baseline resiliency using the following scale:

0	1	2	3	4	5	6	7	8	9	10	Your Score	
(low, never, bad)						(high, always, good)						
1. What is your current stress level?												
2. How often do you feel burned out?												
3. In a typical week, how would you rate your energy level at work *(while performing work-like tasks)?												
4. In a typical week, how would you rate your energy level at home?												
5. After a typical night's sleep, how often do you feel rested?												
6. How would you rate your overall quality of life?												
7. How would you rate your spiritual well-being?												
8. How would you rate your level of support?												
9. How often are you mindful: your thoughts are in the present moment?												
10. How would you rate your level of happiness?												
Step 1: Total the scores from questions 1 and 2											(1)_____ + (2)_____ = _____	
Step 2: Subtract your answer from step 1 from the number 20.											20 - _____ (step 1 answer) = _____	
Step 3: Total the scores from questions 3-10.											_____ (items 3-10)	
Step 4: Add your answers from Step 2 and Step 3.											_____ + _____ = _____	
<b>TOTAL SCORE</b>											_____	

Source: Mayo Clinic Healthy Living Program      \*parenthetical phrase added

