

**Resilience Reality Check**  
**A no-excuses self-assessment to**  
**find where your grit is breaking down**



## How to Use This Worksheet

This is not a personality test. It's a mirror.

Be honest. Be quick. Overthinking defeats the purpose.

**Score each statement:** - 0 = Nope - 1 = Sometimes - 2 = Yep, that's me

Write your score next to each statement, then total each section.

### 1. Emotional Triggers

- Criticism ruins my mood longer than it should
- I replay conversations in my head on a loop
- I shut down or snap when I feel misunderstood

**Section Total:** \_\_\_\_\_ / 6

### 2. Mental Toughness

- My inner voice is louder than my confidence
- I overthink instead of deciding
- I wait to feel “ready” before taking action

**Section Total:** \_\_\_\_\_ / 6

### 3. Stress & Burnout

- I’m exhausted but still pushing because “I have to”
- Rest makes me feel guilty
- I only slow down when my body forces me to

**Section Total:** \_\_\_\_\_ / 6

## 4. Change & Control

- I get rattled when plans change unexpectedly
- I cling to what's familiar even when it's not working
- Uncertainty makes me anxious, not curious

**Section Total:** \_\_\_\_\_ / 6

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## 5. Failure & Setbacks

- One mistake makes me question my ability
- I take failure personally
- I quit quietly when things get hard

**Section Total:** \_\_\_\_\_ / 6

## 6. Relationships & Boundaries

- I avoid hard conversations
- I say yes when I mean no
- Conflict drains me more than it should

**Section Total:** \_\_\_\_\_ / 6

## 7. Self-Belief

- I doubt myself even when I've proven I can do this
- Other people's opinions shake my confidence
- I need external validation to feel secure

**Section Total:** \_\_\_\_\_ / 6

## 8. Discipline & Follow-Through

- I rely on motivation instead of consistency
- I start strong and fade fast
- I know what to do—I just don't always do it

**Section Total:** \_\_\_\_\_ / 6

## Your Results

### Add Up Your Total Score:

Overall Score: \_\_\_\_\_ / 48

**Reality Check:** - **0–6:** Strong base. Stop playing small. - **7–14:** You're capable, but leaking energy. - **15–22:** Resilience gaps are slowing your progress. - **23–32:** You're not broken—you're untrained. - **33–48:** This isn't a character flaw. It's a skills gap.

## The Real Work Starts Here

**Your Highest-Scoring Area:** \_\_\_\_\_

**This is where your resilience is breaking down most often.**

Answer honestly: 1. *How does this show up in my daily life?*

*What does this cost me—emotionally, professionally, or relationally?*

*What am I avoiding dealing with here?*

## One-Week Resilience Reset

Pick **ONE** action. Keep it uncomfortable but doable.

**This week, I will:**

- Set one clear boundary
- Have one hard conversation
- Take action before I feel ready
- Rest on purpose without guilt
- Follow through on one thing I've been avoiding
- Other: \_\_\_\_\_

**When I'll do it:** \_\_\_\_\_

## Final Gut-Punch Truth

Resilience isn't about being tough. It's about being **trained**.

If you're ready to stop leaking energy and start breaking through, this worksheet is your starting line—not the finish.

*Created for bold humans who are done with excuses and ready for breakthrough.*