

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

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.