



## Human Resiliency Checklist

Mark "Yes" or "No" To All That Apply	YES	NO
1. I relax and rest when needed		
2. I have the skills and can manage difficult experiences		
3. I am aware of my thoughts, emotions, and behaviors		
4. I turn a negative situation into something positive		
5. I respond appropriately to difficult circumstances		
6. I am flexible in my actions and thinking		
7. I maintain perspective		
8. I take care of my health early		
9. I bounce back when I make a mistake or have a set back		
10. I set realistic and achievable goals		
11. I develop strong and healthy relationships		
12. I have the courage to go after my dreams		
13. I believe in something greater than myself		
14. I concentrate on the present		
15. I spend my time on what I can control		
16. I am optimistic		
17. I am confident regardless the circumstances		
18. I make commitments to relationships, work, important causes, and religious/spiritual beliefs		
19. I have a positive realistic outlook and focus on opportunities for growth		
20. I have a solid sense of right and wrong		
21. I am selfless		
22. I have a sense of purpose and meaning in my life		
23. I accept what I cannot change and focus on what I can change		
24. I have a strong social support system and I support others		
25. I make every moment count		