

# The Habits and Dispositions of Resilient People: A Self-Assessment

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**PART 1:** Resilient people effectively and regularly engage in 12 habits and demonstrate 12 dispositions. Assess how regularly and strongly you feel that you engage in these habits and dispositions.

| HABITS                    |  |   |
|---------------------------|--|---|
| Habit                     | Description  | On a 1–5 Scale, How Strong I Feel in This Habit |
| Know Yourself             | I know my values, personality type, skills and aptitudes, and social identities. I use my self knowledge to make decisions and to deal with obstacles.                       |   |
| Understand Emotions       | I recognize and understand my emotions, and I have strategies to respond to them. I recognize and understand other people’s emotions and have strategies to respond to them. |   |
| Tell Empowering Stories   | I am aware of the way I interpret events, and I make choices about those interpretations.  |   |
| Build Community           | I know how to build strong and healthy communities in which I feel nurtured. I have a community that supports me.  |   |
| Be Here Now               | I use strategies to manage worry and regret and to keep me in the present moment so that I can make clearheaded decisions.   |   |
| Take Care of Yourself     | I value and prioritize my own physical self-care and know how to give my body what it needs so that it will be healthy.  |   |
| Focus on the Bright Spots | I direct my awareness and attention to strengths, assets, and things that are going well. When I face challenges, my ability to identify bright spots helps me respond.      |   |
| Cultivate Compassion      | I have compassion for myself and for others; I can activate my compassion for myself and for others when I want.   |   |
| Be a Learner              | I am regularly in the mental stance of a learner, seeing challenges as opportunities for learning. I know how to guide and direct my learning.                               |   |
| Play and Create           | I understand how playing, creating, and appreciating art helps me deal with challenges and stress, and I engage in these activities.   |   |

|                          |   |  |
|--------------------------|---|--|
| Ride the Waves of Change | I have strategies to deal with change, and I use them to manage or lead change.                                 |  |
| Celebrate and Appreciate | I understand how gratitude and celebration contribute to my resilience, and I engage in appreciation practices. |  |

What, if anything, surprised you after doing this self-assessment?

Based on this self-assessment, which habit do you feel most compelled to work on?

**PART 2:** Resilient people demonstrate these 12 dispositions. Assess how strongly you feel these dispositions in yourself.

| <b>DISPOSITIONS</b>      |   |  |
|--------------------------|---|--|
| <b>Disposition</b>       | <b>Description</b>  | <b>On a 1–5 Scale,<br/>How Strong I Feel<br/>in This Disposition</b> |
| Purposefulness           | I know what I’m doing and why I’m doing it. This sense of direction guides me in making decisions and facing challenges.  |  |
| Acceptance               | I am not resigned, but I’m able to recognize what I can and can’t change in a situation, and I can accept that.   |  |
| Optimism                 | I know that I can increase my optimism and maintain a positive outlook in the face of adversity, without denying the current reality. I take the long view, accept that life has ups and downs, and search for root causes of challenges.       |  |
| Empathy                  | I can put myself in other people’s shoes and feel their pain.   |  |
| Humor                    | I can use humor to lighten difficult moments, help me be in the present moment, explore difficult emotions, and connect with other people.  |  |
| Positive Self-Perception | I value myself. I have solid self-esteem. I am self-confident. I accept myself as I am. I’m not overly critical of myself, I don’t strive for perfection, and I forgive myself for mistakes and take responsibility for my choices and actions. |  |
| Empowerment              | I believe I can influence my surroundings and the outcome of events, and this contributes to my feelings of confidence and competence.  |  |
| Perspective              | I can see events from many different sides, and this insight helps me respond productively to situations and emotions.  |  |
| Curiosity                | I am open to new ideas, I question my assumptions, I view obstacles and challenges as opportunities for growth, and I have many questions about many things.  |  |
| Courage                  | I am not afraid to try new things, to make mistakes, or to take a risk. I can identify my reserves of courage and draw on them when I need to.  |  |
| Perseverance             | I am tenacious when dealing with challenges. I can put off short-term concerns and gratification for the sake of long-term success.   |  |
| Trust                    | I trust myself, and I trust something bigger outside myself: the passage of time, a process, or possibly something spiritual.   |  |

What, if anything, surprised you after doing this self-assessment?

Based on this self-assessment, which disposition do you feel most inclined to cultivate?