

Resilience Self-Assessment- Measure Your Bounce-Back Power



"Discover your resilience score and unlock daily habits to grow unbreakable grit.

Rooted in James 1:2-4 – 'Consider it pure joy... because the testing of your faith produces perseverance.' From a former Army chaplain who's walked with soldiers through despair."

Measure Your Bounce-Back Power – The One Page Assessment, in 5 Minutes

How It Works

1. Read each of the 10 statements below. Mark 1-5 for how true it is for you:
1=Almost never | 2=Rarely | 3=Sometimes | 4=Often | 5=Almost always
2. Add up your score (max 50).
3. Check your level and pick ONE action for this week.

Your Resilience Score (*Circle your number for each*)

1. I recover quickly from failures or criticism. _____
2. Stressful events don't sideline me for days. _____
3. I adapt plans fast when life disrupts them. _____
4. Emotional hits fade as I refocus on purpose. _____
5. I bounce back stronger after falls. _____
6. Faith helps me reset after hardship. _____
7. I don't let one bad day ruin my week. _____
8. Setbacks make me rethink and improve. _____
9. I stay calm under pressure by choice. _____
10. Past pains remind me of my capacity for growth. _____

Total: _____ / 50

- **10-24 Low:** Building skills – start small, daily wins.
- **25-39 Moderate:** Solid base, add consistency.
- **40+ High:** Strong! Help others now.

This Week's ONE Grit Action: (e.g., "Pray James 1 and walk 20 mins daily"):

My Top Weakness:

Support person/prayer partner:

Progress check (end of week): What worked? What to tweak?

Coaching Tip: Like anything in life, resilience = small reps daily, not heroics.
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