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## ~ RESILIENCE BRILLIANCE ~ Worksheet 1 - March 2024

Hello lovely, we are starting off raising our self-awareness with a Personalised Resilience Audit. In which areas of life do you have reserves already? Where do you feel your skill level is highest? Where are you a little exposed and could do with putting in some strategic strengthening?

Resilience is the ability to withstand and recover from the difficulties of life. The ability to bend and not break through the inevitable storms.

I believe we benefit from building and tapping into resilience in 6 key areas. See how you score in each one, and then rank all six areas 1-6, so you can see where to draw confidence from and where you might want to strategically build some capacity. I found this a VERY revealing exercise.

### PERSONAL RESILIENCE AUDIT

Score your resilience out of 10 in each of the 6 categories. Score out of 10 (10 being super resilient, 1 being not very many reserves here at all, already running on empty)

#### 1. FINANCIAL RESILIENCE

How financially resilient are you? Are you well set up in advance should life get lifey?

Do you have regular actions or processes to support your ongoing financial resilience?

Is this score increasing over the last few years or decreasing?

Score this area of out 10: \_\_\_\_\_ / 10

#### 2. SOCIAL RESILIENCE

How socially resilient are you? Are you well set up in advance should life get lifey?

Do you have people and networks (family, friends, paid, state provided) support that you can access to underpin your ongoing social resilience?

Is this score increasing over the last few years or decreasing?

Score this area of out 10: \_\_\_\_\_ / 10

### 3. PHYSICAL RESILIENCE

How physically resilient are you? Do you take great care of yourself now so you are fit and well in advance should life get lifey?

Do you have prioritised actions that you undertake daily/weekly/monthly that support your ongoing physical resilience?

Is this score increasing over the last few years or decreasing?

Score this area of out 10: \_\_\_\_\_ / 10

### 4. MENTAL RESILIENCE

How mentally resilient are you? Are you well set up in advance should life get lifey?

Do you have cognitively supportive practices that you undertake daily/weekly/monthly support that support your ongoing mental resilience?

Is this score increasing over the last few years or decreasing?

Score this area of out 10: \_\_\_\_\_ / 10

### 5. EMOTIONAL RESILIENCE

How emotionally resilient are you? Are you well set up in advance should life get lifey?

How worried or stressed are you day to day now, when life is on an even keel?

Do you have emotional processing support and practices that you undertake daily/weekly/monthly that support your ongoing emotional resilience?

Is this score increasing over the last few years or decreasing?

Score this area of out 10: \_\_\_\_\_ / 10

### 6. SPIRITUAL RESILIENCE

How spiritually resilient are you? Are you well set up in advance should life get lifey?

Do you have spiritual practices that you undertake daily/weekly/monthly support that support your ongoing spiritual connection and resilience?

Is this score increasing over the last few years or decreasing?

Score this area of out 10: \_\_\_\_\_ / 10

Rank your resiliency scores, most to least:

1. \_\_\_\_\_ /10
2. \_\_\_\_\_ /10
3. \_\_\_\_\_ /10
4. \_\_\_\_\_ /10
5. \_\_\_\_\_ /10
6. \_\_\_\_\_ /10

What are your notes and observations from this Resiliency Audit? We will be working through in much more detail in the daily challenges but this will have given you an idea of where you are best to focus your attention to build resilience capacity. Well done!