

Rate Your Emotional Resilience

Emotional resilience is the *ability to emotionally recover* after a challenge or setback.

On a scale from 1 (lowest) to 5 (highest), how would you rate your overall emotional resilience?

The Four Parts that Fuel Emotional Resilience

On a scale from 1 (lowest) to 5 (highest), how would you rate each part of your Emotional Resilience?

Self-esteem & Self-confidence

- Self-esteem: your overall sense of your value or worth
- Self-confidence: your trust in yourself and your ability to deal with challenges, solve problems, and engage successfully with the world.

Self and social awareness: your emotional awareness/intelligence and awareness of the emotions of people around you.

Self-management: how well you manage your emotions

Building relationships and connectedness with others: how well you engage/connect with others and build relationships.

