Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Tick the box that best describes how YOU think and what YOU do. There are no right or wrong answers.

|  |  |  |  |
| --- | --- | --- | --- |
| **RESILIENCE SKILLS** | **VERY LIKE ME** | **A BIT LIKE ME** | **NOT LIKE**  **ME** |
| **Optimistic thinking** |  |  |  |
| I try to look for the good things in myself and not focus on my weaknesses. |  |  |  |
| I try to look for the good things in other people and not focus on their weaknesses. |  |  |  |
| I mostly talk about good things that have happened not bad things. |  |  |  |
| When bad things happen to me I usually think they will get better soon. |  |  |  |
| When bad things happen to me I think that bad things happen to everyone, not just me. |  |  |  |
| When bad things happen to me I think about all the other good things in my life. |  |  |  |
| I know that I can make my own luck by trying hard and being positive. |  |  |  |
| **Total** |  |  |  |
| **Positive self-talk** |  |  |  |
| If I make a mistake I tell myself it’s normal; everyone makes mistakes. |  |  |  |
| If I have a problem I focus on the funny or good bits to feel better. |  |  |  |
| If there is something about a problem I know I just can’t change, then I just accept it. |  |  |  |
| I try to work out the likelihood of something really happening if I am thinking the worst. |  |  |  |
| I tell myself to talk to others if I am not sure about the facts in a problem, rather than just guessing what happened. |  |  |  |
| If something bad happens I tell myself that it’s unlikely to happen again. |  |  |  |
| **Total** |  |  |  |

## Count up your ticks for each set of resilience skills and put the total in the boxes at the end of each section.

##### If you have the most ticks in the **Very like me** box, you are already using this skill. Well done! Keep it up.

##### If you have the most ticks in the **A bit like me** box, you are using some parts of this skill but you could learn and practise more of these skills to get better. Keep going!

##### If you have the most ticks in the **Not like me box**, you are not yet using many parts of this skill. There is a lot for you to learn and practise to get better. Good luck!

## Make a plan

The skill I would like to get better at is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

One thing I will do to improve on this skill is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_