



Reflect on your resilience level

Here are a few questions you can ask yourself to check it:

1. Are you exhausted when faced with setbacks and find it hard to keep trying?
2. Are you unable to sustain your energy long enough to bounce back after adversity?
3. Are you unable to adapt well to change?
4. Are you unable to maintain a positive attitude when faced with conflict?
5. Are you unable to find solutions to problems when faced with ambiguity?
6. Are you unable to maintain a growth mindset during difficult times?
7. Are you unable to be coached?

If you answered yes to any of these questions, then you could use a tune-up on your resiliency skills.