

PERSONAL RESILIENCY BUILDERS

Individual Qualities that Help Develop Resiliency

Resilience is defined as the process of bouncing back and fully recovering in the face of change and stressful situations. Resiliency keeps us going and growing despite difficulties. It keeps us searching for better solutions to the problems we face. To move forward in today's global workplace, you need to recognize the power of resiliency and to reflect on the positive behaviors you use to help you "bounce back" when you are faced with adversity.

Listed below are some of the internal qualities people call on to help get them through difficult times. There are 14 qualities on the list. No one has everything on the list but most of us use 3 or 4 of these to successfully manage adversity. Review the list and do the following:

- Put a plus sign (+) next to three or four resiliency builders you use most often.
- Write down when you used this quality.
- Make a note about how you used it and why it helped.
- Share one of your entries with the person sitting next to you.

+	Personal Resiliency Qualities	When did you use it?	How did you use it?
	Relationships – Your ability to be a friend and to form positive relationships		
	Humor – Your ability to appreciate the funny side in difficult situations		
	Inner Direction – Your ability to base your decisions on your own values		
	Perceptiveness – Your ability to understand people and situations; insightful		
	Independence - Your ability to go your own way; you don't need others approval		
	Positive View of Personal Future – Your ability to see a positive future; optimistic		
	Flexibility – Your ability to adjust to change; bend to positively cope with situations		
	Love of Learning – Your ability to enjoy and appreciate learning		
	Self-motivation – Your ability to use your own internal initiative/positive motivation		
	Competence – Your ability to focus on your strengths		
	Self-Worth – Your ability to appreciate your talents and strengths		
	Spirituality – Your ability to call on your personal faith in something greater		
	Perseverance –Your ability to keep on despite difficulty; you don't give up		
	Creativity – Your ability to enjoy some artistic endeavor		

What is one thing you plan to do to become even more resilient?

You can take the complete Resiliency Quiz at www.resiliency.com.