



THE RESILIENCE WHEEL

The Resilience Wheel is a self-evaluation tool that helps you realize where your strengths and weaknesses are when it comes to resilience. Don't worry about your scores—we are all works in progress. Completing the wheel exercise is easy. After you go through it once, you'll be a pro. And if you become discouraged because there is still progress to be made, always remember we are looking for progress, not perfection.

The wheel exercise begins with a set of questions. After you read a question, simply rate yourself on the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10). Each wheel diagram contains a set of spokes, similar to the spokes on a bicycle wheel.

After you answer each wheel exercise question, chart your answer on the wheel. Find the spoke that matches the label of the question. Then, simply place a dot on the spoke next to the number that corresponds with your answer. After scoring yourself on every spoke, connect the dots to create a circle. Note that the higher a number is, the closer it is to the outer section of the wheel, while lower scores are more toward the middle. Now, at the end of each spoke, list the names or titles of people or organizations that provide you with this type of support. It's okay to list the same person, title, or organization in more than one spoke.



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(20 minutes)

Date: _____

Rate your response after each question using a number from the following scale:

Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

Poor			Fair		Good			Prosperous	
1	2	3	4	5	6	7	8	9	10

Challenges as Opportunities: How well are you able to look at the upsides and blessings that come with adversity? _____

Trust the Process: How well are you doing with maintaining faith in a positive outcome while navigating challenges and inevitable delays throughout the process?

Adaptable: How well are you able to internally adjust to any new conditions in your life or work so you can continue to thrive? _____

Flexible: How open-minded and willing to compromise with others are you while on the road to success? Are you willing to make necessary changes to your initial plan without giving up? _____

Strength: How strong do you feel in mind, body, and spirit? How much grit do you possess? _____

Motivation: How driven and determined are you in your mission to achieve your goals? _____

Growth Mindset: How well do you frame setbacks and failures as normal aspects of growth? _____

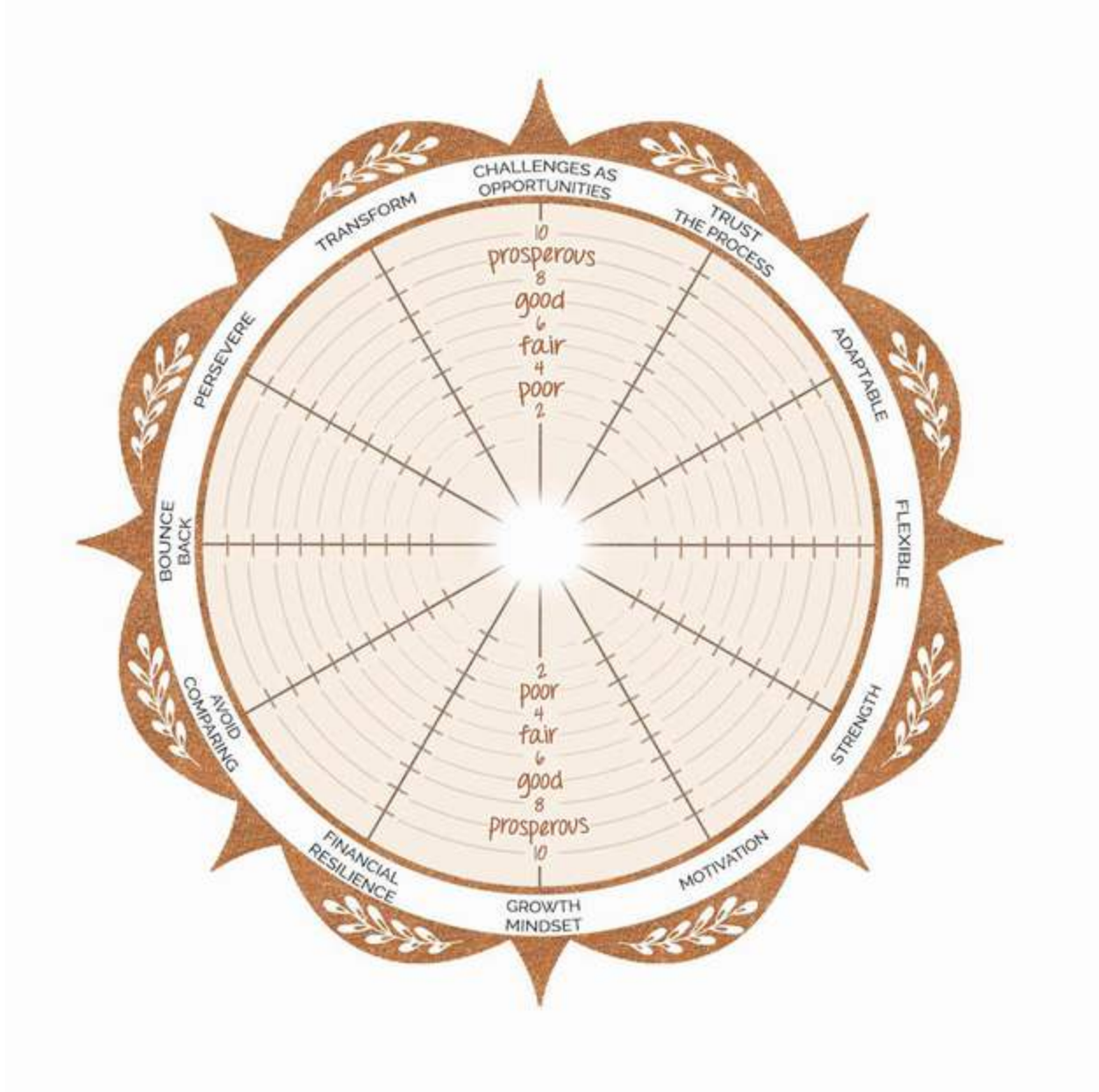
Financial Resilience: How well have you done at creating an emergency fund and diversifying investments, personal, and social capital so you can move through financial challenges and continue to thrive? _____

Avoid Comparing: How well do you avoid comparing yourself to others as you pursue your goals? _____

Bounce Back: How easily do you typically return to your usual functioning after a challenging event or experience? How well do you get back up after setbacks such as a job loss, a breakup, an illness, or other life challenge? _____

Persevere: Perseverance is the determination to stick to something and stay on course in spite of obstacles. How likely are you to continue to strive to achieve your goals despite difficulties or delays? _____

Transform: How good are you at using your resilience to create personal, professional, and financial growth and evolution in your life? _____



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Chart your responses on The Resilience Wheel. Let's start at the top: are you Poor, Prosperous, or somewhere in between when it comes to viewing Challenges as Opportunities? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle.

Date your wheel and file it for later reference. Consider revisiting this exercise monthly or quarterly to keep building your resilience. Soon you will be a resilience rock star!

Answer the following questions:

- Look at the dents in your wheel and notice which three areas you need the most improvement when it comes to resilience?

- How have you improved your resilience since you started this program?

- In what ways do you plan to continue to foster resilience in your life?

Worksheet by Joyce Marter, LCPC

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