

# Resiliency Test

SCORING					
Count of crosses in each column					
Multipliers for each	X 1	X 2	X 3	X 4	X 5
Column score					
Add them all up	+	+	+	+	
Total Score					

## What your Score Means:

60-75 You're a superball! You have very good resiliency skills and habits and you can bounce back from just about anything.

45-59 You are bouncing right along . . . most of the time. You have good resiliency skills, although sometimes it's hard to engage them right away when faced with a crisis.

30-44 Meh. Your ball has gone a little flat. You need to pump more air into that ball. Crises tend to throw you a bit. Add some flexibility to your life and be open to handling problems differently in the future.

15-29 Uh-oh. Your ball is completely flat. Looks like you need to really work on your resiliency skills. Check out the section below for more ideas. And don't worry: learning to bounce back in life is like learning anything else – you just need to practice. Be open to responding to setbacks in a different way than you have in the past.