

# Try these nine self-assessment questions:

Adapted from Berrett-Koehler.

Score yourself from 1 to 5 (1 = strongly disagree; 5 = strongly agree). Be honest with yourself, no one is looking:

1. I see problems as temporary and expect to overcome them.

**Score**

2. Feelings of anger, loss and dissuasion don't last long.

**Score**

3. I can put up with uncertainty and indecision.

**Score**

4. I adapt quickly to new things.

**Score**

5. I find the humour in tricky situations and can laugh at myself.

**Score**

6. I learn treasured lessons from my experiences.

**Score**

7. I'm good at making things work.

**Score**

8. I hold up well and cope during tough times.

**Score**

And number 9.... I've converted hardship into good luck and found good things in bad experiences.

**Score**

## How did you do?

Twenty five and above you're OK and you can help others to bounce back... just like you can.

Below? Find a mentor, coach or talk to friends and colleagues about resilience, enjoying life and think seriously; are you working to live or living to work, because it's better if you can be living and working... time is running out.