

# resilience self-assessment



social dimension	self-assessment		
I build intentional relationships	great	ok	poor
I enhance my social skills	great	ok	poor
I develop empathy	great	ok	poor

physical dimension	self-assessment		
I engage in movement	great	ok	poor
I practice healthy eating	great	ok	poor
I prioritize sleep	great	ok	poor

cognitive dimension	self-assessment		
I accept challenges	great	ok	poor
I adopt a growth mindset	great	ok	poor
I change irrational thoughts	great	ok	poor

## additional notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



## self-assessment

great

ok

poor

great

ok

poor

great

ok

poor

## self-assessment

great

ok

poor

great

ok

poor

great

ok

poor

## self-assessment

great

ok

poor

great

ok

poor

great

ok

poor

## additional notes

[illegible]