

# The Resilient Self Assessment Tool for Christian Women

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## Instructions

1. Read each statement and choose a number to indicate how you are on most days
2. Schedule a call with me if you need support to leverage your areas of strength and build your areas of weakness at [bit.ly/chatwithDiana](https://bit.ly/chatwithDiana)

**1** NOT AT ALL TRUE    **2** RARELY TRUE    **3** SOMETIMES TRUE    **4** MOSTLY TRUE    **5** ALWAYS TRUE

<b>I have a positive attitude about life.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>I can look at the big picture or see various perspectives in situations.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>I am flexible and can adapt to change.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>I am optimistic and see the good in others.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>I dont worry or spend energy on things I can't control.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>I forgive those who offend me without holding grudges or unforgiveness.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>I focus my mind on my future rather than failures of my past.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>I am able to pull down or let go of negative thoughts.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>I have self pity or self absorbed unhappiness.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>I have faith to plan and take action for my future rather than worry about it.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>My emotional health is good.</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>I am able to serve and worship God in adversity</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>