

SCORE YOUR RESILIENCE

Think about how you would rate each of your factors and estimate a score from 0 to 10 for each factor. 0 indicates the factor is not working. 10 indicates a strong factor. Write the scores for each of the factors in the Resilience Doughnut below.



BUILDING YOUR RESILIENCE

What are your three strongest factors?

- 1.
- 2.
- 3.

What can you do to combine all three strong factors?

YOUTH



"Combining Strengths to Thrive"

Resilience is the ability to bounce back when times are tough.

People who are resilient:

- have resources they can use (I Have)
- feel good about themselves (I Am)
- and are able to do things to help themselves (I Can)

The following statements explain each of the factors that contribute to your internal resilience.

The Parent Factor

A high score indicates you have parents who are loving and affectionate yet control and organise their children. Parents are also easy to talk to, secure and predictable.

The Skill Factor

A high score indicates you have a skill that you feel good about and that you try hard at. It may not come easily but people know you for your skill and cheer you on.

The Family and Identity Factor

A high score indicates you have relatives such as uncles, aunts, grandparents, cousins and siblings who make you feel like you belong. There may be a special relative who you are similar to or admire.

The Education Factor

A high score indicates you feel like you belong in your school. You may be involved in extracurricular activities and there is a teacher who likes and believes in you, and who you want to impress.

The Peer Factor

A high score indicates you have a group of friends who you belong to. There may be some conflict at times but you work this out, and still belong to the group.

The Community Factor

A high score indicates you belong to a group such as a church, youth group, a sports club or Scouts/Guides. You may have an adult who you like to talk to who is not in your family, school or peer group.

The Money Factor

A high score indicates you are able to earn and spend your money wisely. You save your money and you know of ways to earn money. You may be well organised with your time and do charity or volunteer work.

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