



Empowering the Iowa Girl

Leadership. Culture. Character. Performance.

RESILIENCE SELF-STUDY

Select a PERIOD OF TIME that
you will focus on: _____

Part A) Rate your performance on the following:

1 = POOR

10 = OPTIMAL



1) ... identifying what is and is not within my control, and focusing my energy and effort on what I can control.

1

2

3

4

5

6

7

8

9

10

2) ... learning from mistakes and failures and applying that knowledge to help me in my next attempt.

1

2

3

4

5

6

7

8

9

10

3) ... failing fast and **not** dwelling on my mistakes.

1

2

3

4

5

6

7

8

9

10

4) ... putting my best effort into every attempt, even when I've fallen short on previous tries.

1

2

3

4

5

6

7

8

9

10

5) ... being honest and realistic about my current state and confident in my ability to improve.

1

2

3

4

5

6

7

8

9

10

Part B) List what you could do **BETTER or DIFFERENTLY** in the future
for more optimal **resilience**: