

<h2>Resiliency Check-In Exercise</h2>	<p>Rate from 1 to 5 for how true each statement is for you, where:</p> <p>1 = Strongly Disagree  2 = Disagree  3 = Neither Agree nor Disagree  4 = Agree  5 = Strongly Agree</p>
I'm ready to be fully present today at work – good to go!	
I am not distracted by thoughts and feelings about things outside of work	
I am open to learning and new experiences	
I feel physically well	
I am not having difficulty concentrating	
I feel ready to start my day	
I am not feeling overly anxious (high level of emotional arousal, with racing heart rate) but am 'pumped' in a good way	
I am not bringing any emotional baggage to work with me from recent conflict or issue (in the last 24 hrs)	
I am feeling good about going to work today	
I am looking forward to seeing people at work today	
<p><b>Add up your ratings to give a total score:</b></p>	<p><b>/50</b></p>

***Ref: Clinical and Responsiveness Training (CART)***