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| Resiliency Check-in Exercise | **Rate from 1 to 5 for how true this statement is for you, where:**1 = Strongly Disagree2 = Disagree3 = Neither Agree nor Disagree4 = Agree5 = Strongly Agree |
| I’m ready to be fully present today at work—good to go! |  |
| I am not distracted by thoughts and feelings about things outside 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 hours)  |  |
| I am feeling good about going to work today |  |
| I am looking forward to seeing people at work today |  |
| **Add up your ratings to give a total score:** | **/50** |