

Which of your NINE PILLARS is the strongest? Use this brief summary of the NINE PILLARS OF RESILIENCE to self-evaluate your one resilience patterns. All of us have some pillars that are stronger than others. Find your strengths, and where you might need to grow, by considering these questions. Try assigning a number 1 (weak, needs development) - 5 (strong) for yourself. **Do so in a way that is helpful to you and will help you grow in resilience.**

PILLARS 1-3 RELATIONSHIP

WITH GOD	WITH OTHERS	WITH SELF
<ul style="list-style-type: none"> • I believe in God • I utilize the Means of Grace to nurture my relationship with God • I find purpose in my life • I am committed to giving service to a cause • I want to make a positive difference in the world. 	<ul style="list-style-type: none"> • I am able to set healthy boundaries in relationships • I have a good network of people who want me to succeed • I am able to ask for help when needed • I am able to connect with people easily 	<ul style="list-style-type: none"> • I feel good about myself; I like who I am • I take care of myself; I exercise and eat right • I can accept compliments with grace • I am able to affirm what I do well, and am aware of what I don't do well

PILLARS 4-6 MASTERY AND BALANCE

PHYSICAL	MENTAL	EMOTIONAL
<ul style="list-style-type: none"> • I am able to easily relax • When stressed I recover quickly • When I go to bed, I go to sleep easily, and feel rested in the morning. 	<ul style="list-style-type: none"> • I am not bothered by the judgments of others. • I tend to focus on the positive/potential rather than the negative/problems • I wake up ready to face the day 	<ul style="list-style-type: none"> • I am aware of my feelings and can express my emotions clearly • I often get impatient with people. • I react appropriately in stressful situations. • I am willing to process and let go of difficult feelings.

PILLARS 7-9 PERSONAL FUNCTIONING

PRESENCE	FLEXIBILITY	POWER
<ul style="list-style-type: none"> • I notice details about my environment. • I am not easily distracted. • I am more proactive than reactive • I am able to stay in and enjoy the present. 	<ul style="list-style-type: none"> • I am able to see the perspective of others. • I look for new experiences and learn from them. • I consider myself a flexible person. • I find it easy to improvise and find a Plan B 	<ul style="list-style-type: none"> • I can take action, even if I am afraid. • I can make decisions easily and with confidence • I tend to procrastinate on things I don't want or don't like to do. • I am able to be assertive when needed. • I finish what I start.