

## Ride the Waves of Change

From, *The Onward Workbook*, by Elena Aguilar





















“Change is one thing we can count on, and when we encounter it, we can harness our physical, emotional, mental, and spiritual energies, and direct them where they will make the biggest difference. Perseverance, patient, and courage help us manage change (p. 549).”

### Resilience Self-Assessment

The purpose of this self-assessment is to help you gauge the level of your resilience reservoir, and to explore what might drain or replenish this reservoir.

Imagine each circle as a little reservoir within you, and fill it according to how much each statement reflects a source of resilience. If you need something more concrete, imagine marks at  $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$  or full.

Take this self-assessment now and then take it again at the end of the school year

| Statement   | Date:   | Date:   |
|---|---|---|
| I have many ways to think about change.   |    |    |
| I know that the way I think about change has a great deal to do with how resilient.   |    |    |
| I am able to distinguish between things I can influence or control and those I cannot.                                      |    |    |
| I can direct my energy to the places that count the most – to the areas where I can have the greatest influence or control. |   |   |
| I have strategies to deal with unwanted change.   |  |  |
| I am able to stay open to outcomes even when I have strong ideas about what should happen.                                  |  |  |
| I have strategies to lead change.   |  |  |
| I understand that all change involves loss and have strategies to cope with that loss (or support others in doing so).      |  |  |
| I understand the role that perseverance plays in cultivating my resilience.   |  |  |
| I know how to increase my tenacity.   |  |  |