

How about your resilience – competence?

At each skill, insert your self evaluation.

☹ not good until ☺ all great!

Acceptance – see a reason

☹ _____ ☺

Orientation towards the future and solutions

☹ _____ ☺

Positive / appreciative attitude

☹ _____ ☺

Resources- and energy balance

☹ _____ ☺

Connectivity and relationships

☹ _____ ☺

Setting limits, keeping them and staying flexible

☹ _____ ☺

Personal responsibility / self-efficacy

☹ _____ ☺