Resilience Assets Questionnaire

Answer yes or no after each statement if it is mostly true for you.

I have family members and/or friends that offer high levels of love and support.

I am able to communicate positively with my friends and family members. .

I give support to three or more people outside my family. \_\_\_\_\_\_\_\_

I have caring and connected neighbors. \_\_\_\_\_\_\_\_

My workplace is a supportive and caring environment. \_\_\_\_\_\_\_\_

I feel the work I do is valuable and meaningful. \_\_\_\_\_\_\_\_

I am encouraged to succeed by my co-workers, friends, and family. \_\_\_\_\_\_\_\_

I feel valued in my community.\_\_\_\_\_\_\_\_

I value the others in my community and often express it to them. \_\_\_\_\_\_\_\_

I am actively involved in my community, providing a service for more than 1 hour per week. \_\_\_\_\_\_\_\_

I feel safe at home, at work and in the neighborhood. \_\_\_\_\_\_\_\_

I look for opportunities to learn something new. \_\_\_\_\_\_\_\_

Home, school and local neighborhoods are safe for youth. \_\_\_\_\_\_\_\_

I look out for others in my neighborhood.\_\_\_\_\_\_\_\_

I am connected to and care about my neighborhood. \_\_\_\_\_\_\_\_

I am mostly honest, even when it is not easy. \_\_\_\_\_\_\_\_

I often stand up for what I believe in. \_\_\_\_\_\_\_\_

I put a high value on promoting equality and reducing poverty and hunger. \_\_\_\_\_\_\_\_

I feel comfortable with myself and enjoy time alone. \_\_\_\_\_\_\_\_

I take responsibility for the choices I make and the actions I take. \_\_\_\_\_\_\_\_

I feel that my life has purpose. \_\_\_\_\_\_\_\_

I often make a plan and think through my choices.\_\_\_\_\_\_\_\_

TOTAL ASSETS