

resiliency SKILLS

NAME: _____

DATE: _____

Read the statements and circle the word that best represents how you're doing right now.

I have goals I am working toward.	Yes	Maybe	No
I have dreams for my future.	Yes	Maybe	No
I believe I can try or do new or hard things.	Yes	Maybe	No
I can face problems or challenges!	Yes	Maybe	No
I am comfortable asking for what I need in a kind way.	Yes	Maybe	No
I have supportive people in my life I can count on.	Yes	Maybe	No
I reach out to supportive people in my life when I need help.	Yes	Maybe	No
I can "bounce back" from problems, roadblocks, and challenges.	Yes	Maybe	No

Something I want my counselor to know: