

## Building Blocks of Resilience

Below are a number of components of a resilient life. Assess how well you are doing in cultivating a resilient life by assigning a value to each building block using the following scale.

1 = not at all

2 = occasionally

3 = often

4 = consistently

SPIRITUAL	1	2	3	4
Am I making deep daily personal connections with God?				
Do I make time for personal spiritual retreats?				
Do I pray and listen to God daily?				
Am I fully surrendered to God's plan for my life?				
Do I know my unique calling?				
Do I know my purpose?				
Do I know how I most naturally connect with God?				
Do I have a spiritual mentor/director?				
PERSONAL				
Do I follow a time management strategy?				
Do I make time in my week for the people/things I value the most?				
Do I know how to say no effectively?				
Do I have clear goals set for my life?				
Do I have a professional counselor that I go to when needed?				
Do I have a mentor that I speak with regularly?				
Have I created enough margin in my life?				
Am I sure of my core values?				
Do I manage stress in healthy ways?				
Do I handle change well?				
FAMILY				
Do my spouse and I regularly spend time together investing in our relationship?				
Am I spending weekly quality time with my kids?				
Do I take vacations with my spouse and children annually?				
Am I fully present with my family when I am at home?				
RELATIONSHIPS WITH OTHERS				
Do I have authentic friendships where I can be transparent about my life and struggles?				
Do I have a safe place to talk?				
Do I know myself well? (personality, how I manage conflict, etc.)				
Do I understand my leadership style?				
Am I able to manage my emotions?				
Do I express myself clearly and assertively?				

Do I maintain good boundaries in my life? (time, personal space, spiritual gifts, members of the opposite sex, etc.)				
Am I a good listener?				
Is there good delineation between my work life and my time at home with family?				
Do I have relationships with those who have different beliefs or points of view than I do?				
FINANCIAL				
Am I spending within God's provision?				
Am I working towards being debt free?				
Do I have savings?				
Do I have financial flexibility?				
Are my finances in order?				
PHYSICAL				
Do I get enough sleep (7-8 hours)?				
Am I eating a healthy diet?				
Do I avoid consuming junk food regularly?				
Am I exercising regularly (5 times per week)?				
Am I making time for my hobbies?				
Am I carving out time for play and recreation?				
<b>TOTALS</b>				

Scoring: The higher you score the more resilient your life! \_\_\_\_\_/172

You may find that in some areas you are doing very well while others need some attention. Begin by asking the Lord where to start in (re)building resilience into your life and ministry. Focus on one building block area and even better, one specific building block at a time. Set some specific goals for yourself. Share your goals with someone who can encourage you and challenge you to stick to your plan and not give up when you get off track. Consider reviewing this list a few times a year to celebrate the progress you are making in becoming a more resilient leader and to help you look at the next building block you want to work on.

If you would like to talk with a Thrive team member to get some suggestions or help you with some areas of struggle please get in touch with us [info@thriveministries.ca](mailto:info@thriveministries.ca)

