

Instant, secure personal report

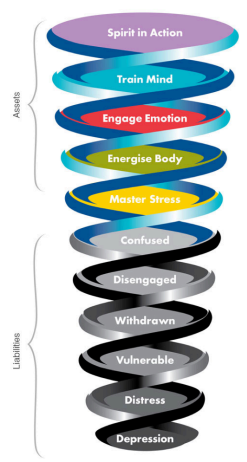


resiliencediagnostic

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Joy W

1 DIAGNOSTIC OVERVIEW 2 RESILIENCE LIABILITIES 3 RESILIENCE ASSETS 4 BUILD RESILIENCE



71%	Spirit in Action	25/35	Capacity for meaning, purpose and joy in your life
56%	Train Mind	14/25	Capacity for optimism, focus and effective decisions
77%	Engage Emotion	23/30	Capacity for self-knowledge, empathy and resonance
100%	Energise Body	25/25	Maintenance of strength, endurance and flexibility
92%	Master Stress	23/25	Base of calm, alert and engaged presence
60%	Confused	15/25	State of overload, agitation and mindless busyness
20%	Disengaged	6/30	Loss of attention, boredom, worry
48%	Withdrawn	12/25	Loss of energy, avoidance, isolated
28%	Vulnerable	7/25	Indifference, self neglect, fatigue
32%	Distress	8/25	Stress symptoms, sleep problems, illness
47%	Depression	14/30	Loss of interest, sadness, despair

1. YOUR RESILIENCE RATIO (RR)

The RR shows the match between resilience strengths (assets in green) and challenges (liabilities in red). This report shows how you got your scores and the priority actions recommended.

We recommend striving for a Resilience Ratio of at least 2.5:1

Ratios 2:1 - 2.5:1: Excellent. Hold altitude. Keep it up.

Ratios 1.5:1 - 2:1: OK but action encouraged. Focus on strengths.

Ratios 1:1 - 1.4:1: Holding ground but tough going. Resilience is a priority.

Ratio less than 1:1: Your resilience is compromised. Contact our team if you'd like guidance.

Assets Total	79%
Higher score here is better	110/140
Liabilities Total	39%
Lower score here is better	62/160
Resilience Ratio	2.03 : 1

Detailed scores and self-help on 28 factors supporting your resilience

Detailed scores and self help on 32 factors putting your resilience at risk

Personalised Recommendations

Resilience Ratio

3. YOUR RESILIENCE ASSETS

Category	Factor	Score	Action	Reading
SPIRIT IN ACTION	Connection	Risk	Optimal	
	Purpose			
	Value alignment			
	Fulfillment			
	Compassion			
	Flow			
	Creativity			
TRAIN MIND	Situational agility	Risk	Optimal	
	Optimism			
	Focus			
	Assertiveness			
	Decisiveness			
ENGAGE EMOTION	Impulse control	Risk	Optimal	

Factor explanation

How to take action

2. YOUR RESILIENCE LIABILITIES

Category	Factor	Score	Action	Reading
CONFUSED	Overload	Risk	Optimal	
	Intensity			
	Distractability			
	Uncertainty			
	Job confusion			
DISENGAGED	Disengaged (work)	Risk	Optimal	
	Self absorption			
	Rumination			
	Boredom			
	Attention loss			

Learning library

RECOMMENDATIONS FOR ACTION

1. If your overload score is high, creating a feeling of calm and order is essential. It may be that you need to cut your "to do" list down to two items per day and schedule in rest/play time. Overload can also happen when the mind is too busy. For example you may be worrying about 10 items so much, you get nothing done. In this case calm your mind, resolve to tackle one item on your list at a time and stick with it until it is completed.
2. When this type of insomnia happens persists you must address it with sensible sleep hygiene. Focus on good sleep preparation, relaxation skills and securing a cool, dark and quiet room. If it persists for more than two weeks with sadness, confusion, and self-doubt, please see a professional.

3. YOUR RESILIENCE ASSETS

Category	Factor	Score	Action	Reading
SPIRIT IN ACTION	Connection	<div><div></div></div>		
	Purpose	<div><div></div></div>		
	Values alignment	<div><div></div></div>		
	Fulfilment	<div><div></div></div>		
	Compassion	<div><div></div></div>		
	Flow	<div><div></div></div>		
	Creativity	<div><div></div></div>		
TRAIN MIND	Situational agility	<div><div></div></div>		
	Optimism	<div><div></div></div>		
	Focus	<div><div></div></div>		
	Assertiveness	<div><div></div></div>		
	Decisiveness	<div><div></div></div>		
ENGAGE EMOTION	Impulse control	<div><div></div></div>		
	Emotional agility	<div><div></div></div>		
	Emotional insight	<div><div></div></div>		
	Positivity	<div><div></div></div>		
	Empathy	<div><div></div></div>		
	Influence	<div><div></div></div>		
ENERGISE BODY	Vitality	<div><div></div></div>		
	Nutrition	<div><div></div></div>		
	Fitness	<div><div></div></div>		
	Health Awareness	<div><div></div></div>		
	Sleep Quality	<div><div></div></div>		
MASTER STRESS	Bounce	<div><div></div></div>		
	Biological insight	<div><div></div></div>		
	Tactical calm	<div><div></div></div>		
	Relaxation	<div><div></div></div>		
	Present	<div><div></div></div>		

MY DETAIL: RESILIENCE ASSETS

- 1. 28 positive resilience factors scored
- 2. Scores from “at risk” to “optimal”
- 3. Factor explanation
- 4. Recommended steps to improve factor
- 5. Learning library
- 6. Personalised key recommendations

RECOMMENDATIONS FOR ACTION

- 1. Think about how you would like to lead your life and what you would like to achieve. Reflect on meaningful moments in your past and consider what really matters to you now. Define how you would like others to remember you. Document clearly what this looks like in action. Then identify and commit to the physical, emotional, cognitive and spiritual investments required. Purpose becomes flow when we match our strengths to meaningful challenges.
- 2. A lack of fulfilment leads to frustration and disillusionment. Perfection is unlikely but we can seek out moments of experience to deeply appreciate and enjoy. This may be a sunrise, a smile, a good joke or success in one of your goals. Pause to savour the experience and lock it into memory. Build your positive emotions and celebrate small wins. Explore fulfilment in work, love and life.

2. YOUR RESILIENCE LIABILITIES

Category	Factor	Score	Action	Reading
CONFUSED	Overload	<div><div></div></div>		
	Intensity	<div><div></div></div>		
	Distractability	<div><div></div></div>		
	Uncertainty	<div><div></div></div>		
	Job confusion	<div><div></div></div>		
DISENGAGED	Disengaged (work)	<div><div></div></div>		
	Self absorption	<div><div></div></div>		
	Rumination	<div><div></div></div>		
	Boredom	<div><div></div></div>		
	Attention loss	<div><div></div></div>		
	Procrastination	<div><div></div></div>		
WITHDRAWN	Worry	<div><div></div></div>		
	Avoidance	<div><div></div></div>		
	Disconnected	<div><div></div></div>		
	Suffering	<div><div></div></div>		
	Apathy	<div><div></div></div>		
VULNERABLE	Fatigue	<div><div></div></div>		
	Sloth	<div><div></div></div>		
	Excess	<div><div></div></div>		
	Sleep delay	<div><div></div></div>		
	Immune failure	<div><div></div></div>		
DISTRESS	Hostility	<div><div></div></div>		
	Chronic symptoms	<div><div></div></div>		
	Hypervigilance	<div><div></div></div>		
	Angst	<div><div></div></div>		
	Headaches	<div><div></div></div>		
DEPRESSION	Anhedonia	<div><div></div></div>		
	Indecisiveness	<div><div></div></div>		
	Self doubt	<div><div></div></div>		
	Sadness	<div><div></div></div>		
	Insomnia	<div><div></div></div>		
	Self critical	<div><div></div></div>		

MY DETAIL: RESILIENCE LIABILITIES

- 32 negative resilience factors scored
- Scores from “at risk” to “optimal”
- Factor explanation
- Recommended steps to improve factor
- Learning library
- Personalised key recommendations

RECOMMENDATIONS FOR ACTION

- If your overload score is high, creating a feeling of calm and order is essential. It may be that you need to cut your "to do" list down to two items per day and schedule in rest/play time. Overload can also happen when the mind is too busy. For example you may be worrying about 10 items so much, you get nothing done. In this case calm your mind, resolve to tackle one item on your list at a time and stick with it until it is completed.
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