

Resilient practice: The Resilience Gap Analysis Tool

Please score yourself on the following questions as truthfully as you can. This questionnaire is for your own use to help you recognize which resilience skills you should include in your toolkit.

	Current (1–10)	Ideal (1–10)	Gap
How well do you manage your workload?			
How well do you cope with uncertainty?			
How much of your time do you spend ruminating about past/future events?			
How often do you find yourself absorbing the emotional distress felt by others?			
How often do you go home feeling significantly drained of energy?			
How much pressure do you put on yourself to achieve your goals? a. Professional b. Personal			
How do you rate your health habits in terms of a. Sleep? b. Physical activity? c. Diet?			
How do you rate your work–life balance (e.g., working late or at home)?			
How do you rate your organizational skills?			
How well do you manage your time?			

How to Rise

How well do you communicate with a. Family and friends? b. Colleagues?			
How well do you manage inappropriate requests from a. Family and friends? b. Colleagues?			
How well do you process irritation caused by a. Family and friends? b. Colleagues?			
How well do you adapt to change?			
How well do you cope when things go wrong?			
How well supported do you feel by your peers?			
How supportive are your social relationships?			
How comfortable are you in sharing experiences with peers?			
How well do you process feedback?			
How well do you manage conflict?			

Once you have established where your biggest gaps are, you can start looking for the tools which will help you the most.

You can re-evaluate your Gap Analysis whenever you like, to demonstrate quality improvement.