


Last name, first name: \_\_\_\_\_

Date: \_\_\_\_\_


## RESILIENZA Inventory


- Resilience in action -


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The RESILIENZA inventory aims to identify activities that allow you to regain your strength and that you can perform to recharge your batteries during particularly difficult or stressful periods of life.

Indicate how often you tend to do the following activities:

 <b>Psychological Resources</b>	Never	Sometimes	Often
1. Acknowledging your own achievements and value, congratulating yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Being kind and patient with yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Setting motivating goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Finding or giving meaning to what happens to you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Being attentive to your inner experience, taking time to reflect	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 <b>Emotional Resources</b>	Never	Sometimes	Often
1. Having fun, playing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Marveling and admiring the world around you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Finding opportunities to rejoice, sharing the joy of others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Expressing anger or annoyance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Allowing yourself the right to be sad, to cry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 <b>Skills-related Resources</b>	Never	Sometimes	Often
1. Identifying your skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Developing your skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Using your skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Having your skills recognized	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Learning new skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 **Biological Resources**

	Never	Sometimes	Often
1. Eating regularly and healthily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Practicing a pleasant bodily or sporting activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Getting enough sleep and rest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Taking care of your body and your appearance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Breathing deeply	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 **Natural Resources**


	Never	Sometimes	Often
1. Spending time in nature	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Spending time with animals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Taking care of your garden or your plants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Helping protect the environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Getting some fresh air and sunbathing regularly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>


 **Material Resources**


	Never	Sometimes	Often
1. Arranging your environment in a pleasant way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Saving or spending money to treat yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Appreciating certain objects and taking care of them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Returning to comforting places or objects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Taking transportation for a change of scenery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>


 **Social Resources**


	Never	Sometimes	Often
1. Spending time with loved ones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Feeling part of a group, a community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Seeking comfort and advice from others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Doing a service to others, making yourself useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Showing affection to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 Institutional Resources	Never	Sometimes	Often
1. Getting medical attention when needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Getting help or psychological support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Training yourself, getting an education	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Enforcing/defending your rights	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Obtaining material or financial assistance if necessary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 Cultural Resources	Never	Sometimes	Often
1. Immersing yourself in a good book, magazine, or newspaper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Watching a good film, series, or play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Listening to a good piece of music or a radio show	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Visiting a museum, an interesting exhibition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Practicing an artistic or creative activity (writing, music, art...)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 Spiritual Resources	Never	Sometimes	Often
1. Praying, meditating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Participating in religious rituals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Reading sacred texts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Forgiving others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Feeling or expressing gratitude	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 Strategic Resources	Never	Sometimes	Often
1. Acknowledging and naming the difficulties that arise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Facing difficulties, fighting them actively	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Developing long-term plans to resolve challenges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. De-dramatizing the importance of difficulties in your life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Looking for the positive, even amid difficulties	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 <b>Work-related Resources</b>	Never	Sometimes	Often
1. Spending pleasant times with your colleagues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Taking breaks during your workday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Having constructive discussions with your colleagues or superiors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Managing your schedule and tasks independently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Taking on stimulating professional challenges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Varying your tasks throughout the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Devoting yourself to a single task for a long time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Developing new professional interests	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Refusing to take on additional responsibilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Taking vacations, days off	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Placing limits between your private life and your professional life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Spending a day without screens or phones	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Allowing yourself time to complete small, non-urgent tasks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Refusing to work weekends or evenings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Getting supervision, coaching, or mentoring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Among the activities you often do, what three would you like to do this week?

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Among the activities that you do “sometimes” or “rarely,” which three would you like to do more of in the future?

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What would it take to accomplish these activities more regularly?

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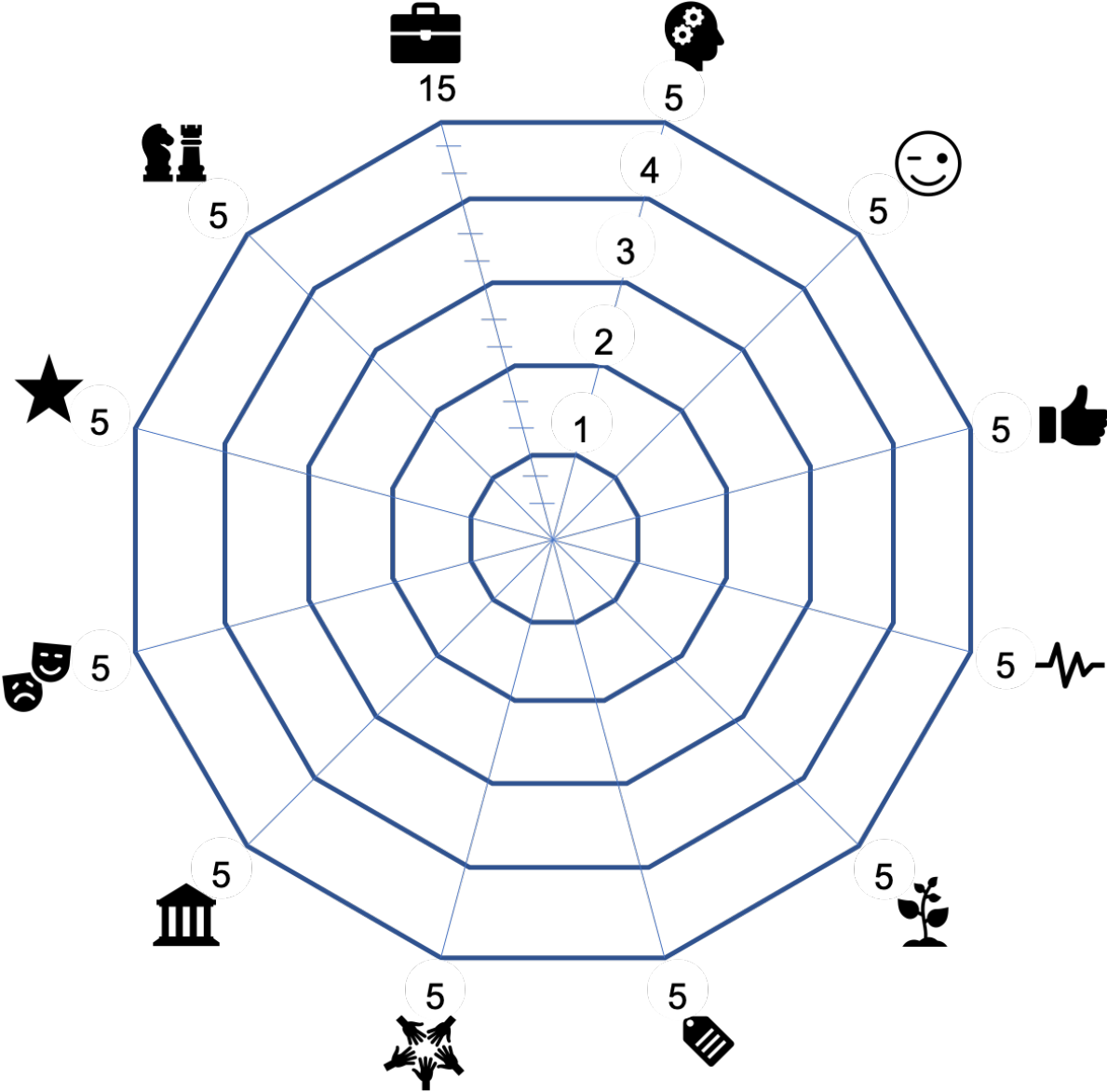
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# RESILIENZA – La résilience en actions

Add up the resourceful activities that you often practice in each area and record the result in the chart below.



- 🧠 Psychological
- 🌿 Biological
- 🌟 Social
- ★ Spiritual
- 😊 Emotional
- 🌱 Natural
- 🏛️ Institutional
- 🏰 Strategic
- 👍 Skills-related
- 📦 Material
- 🏠 Cultural
- 👜 Work-related